

Notes :

These exercises were designed as a place to start to address your symptoms. These exercises should not be performed or continued if they cause or increase your pain in any way. Using these exercises for self management of your symptoms does not replace the value of being assessed by a Health Professional.

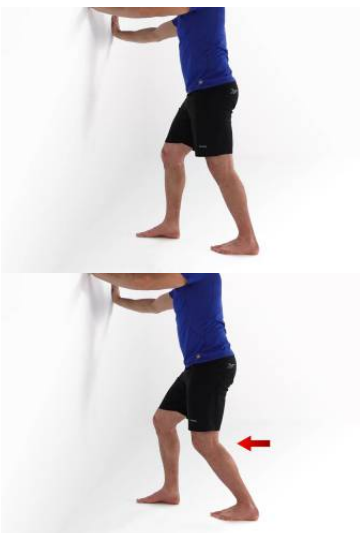
1 Calf stretch



Stand and place one foot against the wall. Place the other leg behind with your heel on the ground, foot parallel to the front one and knee straight. Keep the torso upright and push the hips forward to feel a stretch in the calf.

Hold 20sec, repeat 3 times per side, 1-2x/day, each side

2 Stretching Soleus



Stand and place both hands on a wall, with your feet about half a meter from the wall.

Place one leg behind the other, heel down and slowly bend the knees while keeping heels on the floor until you feel a stretch in the calf of the back leg. Check you heel position, it should be in line with your toes, not turned inwards or outwards.

Maintain the stretch and relax.

Hold 20sec, repeat 3 times per side, 1-2x/day, each side

3 Strengthening Calf



Stand 2 feet on floor, next to a chair or table. Come onto the toes of both feet without bending the knee. Lift one foot off floor and slowly lower back down to the floor on one leg (injured leg)

3x8reps and gradually work up to 3x12 reps
x1/day