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Notes:

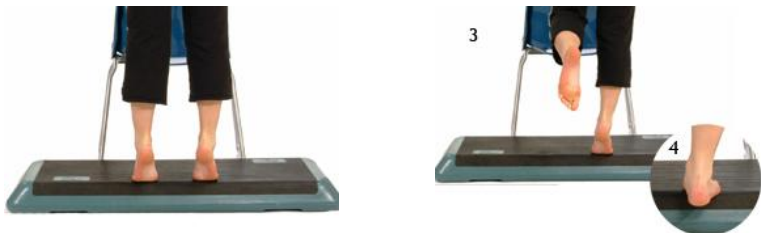
1. Calves strengthening



Sets: 3 Repetition: 10 Frequency: 2 x / day Tempo: 1:3

- Stand with both legs on a stair or small step next to a chair or table to hold on to.
- Come onto the balls of the feet without bending the knee.
- Slowly drop back down by lowering the heel as far down as possible and repeat.
- Make sure to work through all the range of motion.
- Keep the feet neutral.

2. Eccentric Achilles Loading



Sets: 3 Repetition: 10 Frequency: 2 x / day Tempo: 1:3

- Perform single leg heel drops off the edge off a step (stairs)
- Eccentric lowers only – so, bad leg lowers, good leg raises
- Perform with both bent and straight leg to differentiate between gastroc & soleus muscles)

3. Strengthening Calf



Sets: 3 Repetition: 10 Frequency: 2 x / day Tempo: 1:3

- Stand on one foot (injured one) on floor or small step next to a chair or table.
- Come onto the toes of one foot without bending the knee.
- Slowly drop back down hold position between each lift and repeat.

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4. Stretching Calf



Frequency: 2 x / day Hold: 30 sec.

- Stand up on a step, placing only your forefeet on it.
- Lower your heels until you feel a stretch in your calves.
- Maintain the position and relax.
- Hold 30 seconds
- NOTE: You can perform this exercise with just one leg by lifting the other foot up.

5. Stretching calf



Frequency: 2 x / day Hold: 30 sec.

- Stand and place both hands on a wall, with your feet about half a meter from the wall.
- Place one leg behind the other and lean your body forward without bending the back knee until you feel a stretch in your back calf. Remember to keep correct arch position in your foot.
- Maintain the stretch for 20-30seconds and relax.

6. Stretching calf (Soleus)



Frequency: 2 x / day Hold: 30 sec.

- Stand and place both hands on a wall, with your feet about half a meter from the wall.
- Place one leg behind the other and slowly bend the knees while keeping heels on the floor until you feel a stretch in the calf of the back leg.
- Maintain the stretch and relax.