



Bloomsbury Osteopathy

Ankle and Foot Calf Strengthening Exercise FOTS07

Function

To increase the strength of the muscles at the back of the lower leg and to increase stability at the knee and ankle.

Method

Starting Position:

Stand upright facing a wall at roughly an arm's length away from the wall. For support, place the palms flat against the wall at roughly shoulder height and feet together. Alternatively stand next to a steady chair and hold for support.

Action:

Lift one foot off the floor, and then slowly and in a controlled manner, lift the heel of the standing foot off the floor so that only the ball of the foot remains in contact with the floor. Be sure to keep the standing leg completely straight at all times. Once on tiptoes, hold this position for 5-10 seconds before slowly returning to the starting position. Repetitions, sets and external resistance is will be prescribed by your osteopath. To increase the range of movement and contractions stand on the edge of a box or the edge of a step.

Notes:

At the beginning of your rehabilitation your osteopath may advise you to perform this exercise using both feet at the same to minimise the load on the calf muscles.

