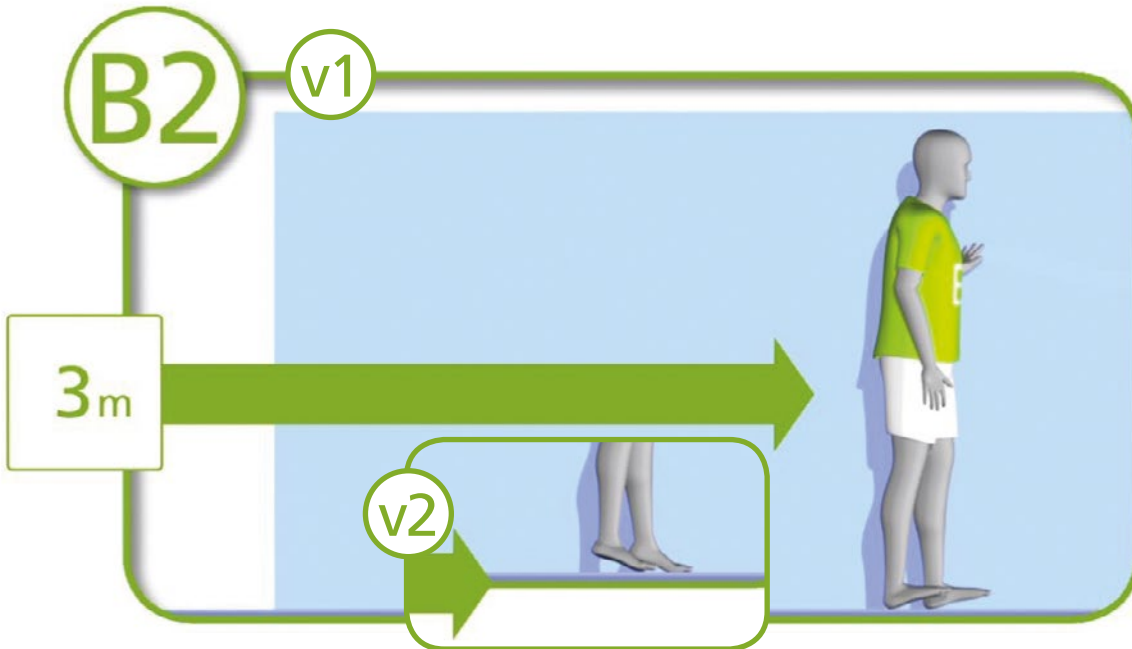


## Balance/stability

### Calf muscle and ankle joints



**v1.** Raise toes as high as possible so that body weight rests on the heels.  
Walk for around 10 feet/3m.

**v2.** Repeat walking on the toes.

#### Comments

- May need to start by holding on to a wall when attempting this exercise until balance improves.
- The arms can also be raised or placed on the hips for additional balance.

#### Functional application

Maintaining good strength in the muscles around the lower leg and ankle helps reduce the risk of injury or pain in the ankle.

#### Patient's name

Date

Number of repetitions

Number of sets

Number of times per week

Number of weeks

Other instructions