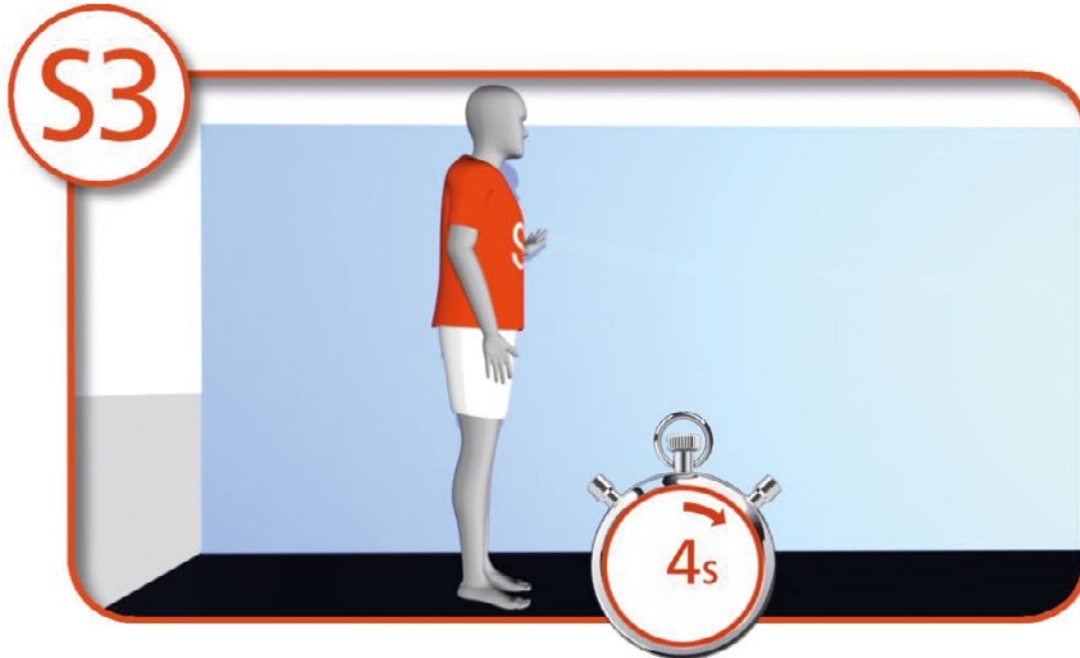


Strength – Lower body

Ankle and calf muscles



In a standing position, lift both heels and stand on the toes over a count of about 4 seconds. Hold on to a chair or wall for additional balance. Hold for as long as is comfortable

Aim is to go straight up and down – *imagine a string at the top of your head, pulling you up*. Make sure the knees are kept straight and keep the speed slow and controlled.



Comments

- Best done following ankle flexibility exercises.
- The feet should be comfortably hip width apart.

Functional application

Ankle strength is useful for numerous functional activities, including walking and climbing stairs.

This exercise can also aid improvements in balance.

Patient's name

Date

Number of repetitions

Number of sets

Number of times per week

Number of weeks

Other instructions