



Bloomsbury Osteopathy

Knee and Leg Exercises

Calf Strengthening (tip-toe) Exercise

LEGS12

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. Place the palms flat against the wall at roughly shoulder height and feet together. Alternatively stand next to a stable chair and hold the chair for support.

Action:

Lift the heels of the both feet off the floor so that only the ball of the feet 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 will be prescribed by your osteopath. When you feel strong enough do this exercise by standing on one leg only.

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. If you have arthritis in your toes you may be advised to wear suitable sport shoes when doing this exercise.

STRENGTHENING OF THE CALF MUSCLES
(LEGS12)

