

Patient:
Mrs Julie Dass

Date:
20th Mar 2017

Eccentric calf strengthening exercise with weight

Place some weight into a rucksack and put it on your back. Start with about 5kg. Stand with your toes on the edge of a step or a box. Hold onto something stable for support if required. We will assume the leg you are trying to strengthen is your right leg (the injured side). Lift your right leg off the step, and go onto your toes on your left leg. Now place your right foot beside the left, and place all your weight on your right leg. Drop your heels downwards below the level of the step. Use your left leg (non-injured leg) to lift yourself back to the start position. Make sure you keep your leg straight during the exercise. This exercise can help strengthen the calf muscle and may be useful for treating Achilles tendinopathy.

Hold for 30 | Repeat 3 times | Perform 1 times daily | Perform both sides



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Ball control

Sit upright on a chair. Place a ball underneath your foot. Practice moving the ball in different directions. Start forwards and backwards, and then side to side. It's a good control exercise for the ankle, especially after injury. 1 minute on each foot, or this exercise can be done during any daily activities that involve prolonged sitting.

Repeat 3 times | Perform 1 times daily | Perform both sides

Video: http://youtu.be/_XqCom9plg0



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Active dorsiflexion one foot

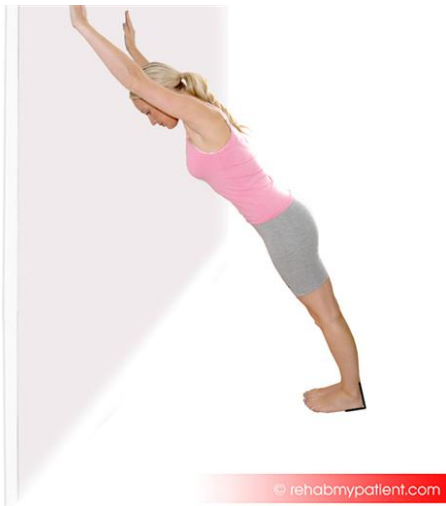
Sit on the floor with your legs out straight. Bring your toes and foot towards you and relax. Repeat the movement to help improve mobility in your ankle joint. You can also hold the stretch to create a stretch in your calf muscle.

Hold for 30 | Repeat 3 times | Perform 1 times daily | Perform both sides

Video: <http://youtu.be/Dh-gaF-07Kc>



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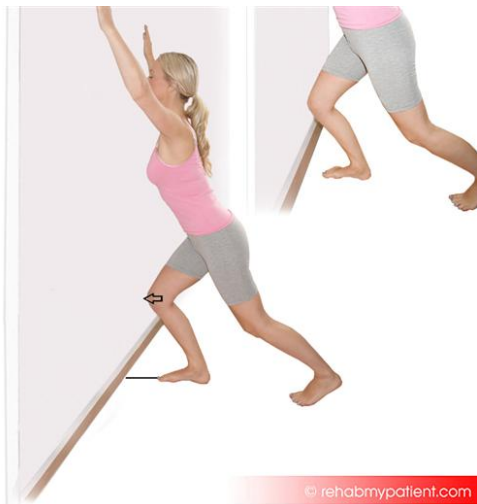


Gastrocnemius stretch

Stand facing a wall, with your feet together and your hands flat against the wall. Both your feet should be facing forwards and your back heels resting on the ground and your knees straight. You should feel a stretch to the leg at the back, in the calf muscles (known as the gastrocnemius).

Hold for 30 | Repeat 3 times | Perform 1 times daily | Perform both sides

Video: <http://youtu.be/EFnLIHNBQQ>



Soleus stretch

Stand facing a wall, place one leg in front of you and your hands flat against the wall. Keep both heels on the ground, and your front knee bent. Push your front knee forward towards the wall to feel a stretch in the lower back part of the leg (bottom of the calf muscle, known as the soleus).

Hold for 30 | Repeat 3 times | Perform 1 times daily | Perform both sides

Video: http://youtu.be/3FnsmjQ_lyk



Heel drop gastrocnemius stretch

Stand with you toes on the edge of a step or a box. Hold onto something stable for support if required. Drop your heels downwards. You should feel a stretch just below the back of your knee, in the calf (this part of the calf is known as the gastrocnemius).

Hold for 30 | Repeat 3 times | Perform 1 times daily | Perform both sides

Video: <http://youtu.be/8PQleXdrnXg>



Heel drop soleus stretch

Stand with you toes on the edge of a step or a box, and knees bent slightly. Hold onto something stable for support if required. Drop your heels downwards. You should feel a stretch in the back of your legs, in the lower calf (known as the soleus).

Hold for 30 | Repeat 3 times | Perform 1 times daily | Perform both sides

Video: <http://youtu.be/O2TIznUwbQw>



Ankle circles sitting

Sit down, and move your ankles around in circles both anti-clockwise and clockwise. This is a great mobility exercise to the ankle, and very useful for ankle stiffness following a sprain.

Hold for 30 | Repeat 3 times | Perform 1 times daily | Perform both sides

Video: <http://youtu.be/6XX3R9ibBfw>



Calf raises two legs step

Stand on a step, hold onto a hand rail for balance if required. Slowly raise up onto your toes, and control the movement back down just below the level of the step. This exercise will strengthen the calf muscles and ankle joints, but at the bottom of the movement put a stretch through the calves as well. 10 raises

Repeat 3 times | Perform 1 times daily | Perform both sides

Video: http://youtu.be/jfKTT_hr8bk



Plyometric calf and quad raise

Step up onto the step or bench, and drive your knee upwards towards the ceiling. Bring your knee back down and foot off the step. One foot will always stay on the step, while the other will come on and off the floor. Keep the speed of the exercise brisk. This is a strengthening exercise for the calf muscles and lower leg. Repeat one sided, then switch to your other leg. 10 step ups on each leg.

Repeat 3 times | Perform 1 times daily | Perform both sides

Video: <http://youtu.be/TLyrvatVIWU>

Dear Mrs Dass, please stop any exercise that causes pain. If you have any questions with an exercise, just email us on stablestherapycentre@gmail.com. Good luck and keep with it!