

Exercise plan:  
**Calf Stretches and Strengthening Exercises**

Patient:  
**Mrs Julie Dass**

Date:  
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## Eccentric calf strengthening exercise

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 left leg (the injured side). Lift your left leg off the step, and go onto your toes on your right leg. Now place your left foot beside the right, and place all your weight on your left leg. Drop your heels downwards below the level of the step. Use your right 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.



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## Full squat single leg

Stand on one leg, and bend your knee to the full squat (90 degrees) position. Make sure when you squat you keep the middle of your knee cap in line with the middle toes of your foot. Do not let your knee drift off to one side. Also keep your hips and pelvis level as you squat, so you go down in a straight line. Be careful not to slump forwards as you squat, maintain good posture. Always keep your foot flat on the ground, do not let your heel raise up.

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



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## Full wall squat

Open your legs slightly wider than shoulder width, stand with your back resting against a wall, and bend your knees to the full squat position (90 degrees). Make sure you keep the middle of your knee-cap in line with the middle toes of your foot. Always keep your feet flat on the ground, do not let your heels raise from the floor. This exercise will help to strengthen your quadricep muscles, knee joints and legs.

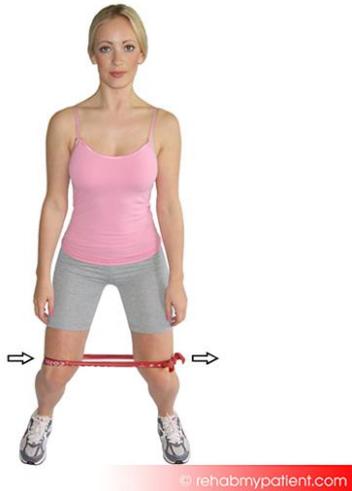
Video: <http://youtu.be/-X1x3DWoISw>



## Full squat single leg cup reach

Place 5 cups in front of you, and stand in the middle of them. Squat down (on one leg), and reach for one cup then come up, then repeat with the second cup, etc. Be careful to maintain control to the leg, and do not perform the exercise too quickly. Always keep your foot flat on the ground, do not let your heel raise from the floor.

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



## Lateral walk with exercise band

Place an exercise band around your knees, and go into a squat position (as far down as feels comfortable). Walk one leg to the side, and then follow with the other leg. Repeat to one side for five steps, then return to the start position.

Video: <http://youtu.be/i0w7KczRvkk>



## Box jump

With both legs, jump onto a box. Use a little bit of knee bend when you jump, and keep both feet facing forwards. Try to keep good posture by keeping your head up. Then jump off.

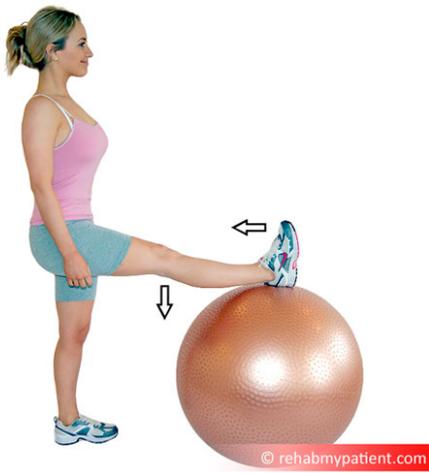
Video: <http://youtu.be/SMsH4ADzuro>



## Mountain climber

Start in a press-up position, and bring one leg in so your left knee is close to your left hand. Straight away, take it back out and then bring your right knee in towards your right hand, and repeat. This exercise is great for strength-endurance and works the whole body.

Video: <http://youtu.be/GIEr1JgtidU>



## Hamstring and calf stretch 2

Standing up, place your foot on a chair or Swiss ball. Keep your leg straight. Pull your toes and ankle towards you. You should feel a stretch behind your knee and your calf muscle and into the back of your thigh. To make the stretch stronger, push your leg downwards into the ball/chair, or rest your foot on something higher.

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



## Football kicks with band

Attach a band around your ankle and anchor the opposite end. Bend your knee and kick your leg directly in front of you as if you were kicking a ball. As you kick, you should feel some resistance in the band. This may throw you off balance, and you may need to hold on to a table or wall. The leg not doing the kicking also gets a work out acting as a stabiliser.

Video: <http://youtu.be/tiQdn2WHGM4>



## Lunge

Take a step forwards, and bend the front knee past the vertical. The back knee drops towards the floor. Always keep good alignment: your knee should stay over the 2nd ray of your foot, and never let your knee drop inwards.

Video: <http://youtu.be/xASFze7P-Fs>

## Ball knee control

Sitting on a chair or Swiss ball, place the sole of your foot onto a ball. Move the ball around in different directions, out in front of you, round in circles, to the sides. This exercise helps to improve co-ordination and proprioception in your hip, knee and ankle.

Video: <http://youtu.be/6aVh23IEwQs>



## 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.

Video: [http://youtu.be/jfKTT\\_hr8bk](http://youtu.be/jfKTT_hr8bk)



## Calf raises one leg 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 muscle and ankle joint, but at the bottom of the movement put a stretch through the calf as well.

Video: <http://youtu.be/Ovzq9hIKOSk>



## 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.

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



## Active dorsiflexion in sitting two feet



Sit on the floor with your legs out straight. Bring your toes and feet towards you, then gradually control the movement back down. This will improve mobility in your ankles. You can also hold the stretch to create a calf muscle stretch.

Video: <http://youtu.be/ilaUgwF4WeA>

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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).

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

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## 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).

Video: [http://youtu.be/3FnsmjQ\\_lyk](http://youtu.be/3FnsmjQ_lyk)

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## Heel drop gastrocnemius stretch

Stand with your 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).

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



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## Heel drop soleus stretch

Stand with your 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).

Video: <http://youtu.be/O2TlznUwbQw>



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## Achilles and calf stretcher

Stand on an Achilles and calf stretcher. Hold on to a wall for support. Roll back on the stretcher, creating a stretch to your calf muscles at the backs of the legs. Hold, and relax.

Video: <http://youtu.be/UjrVZ7Xh1-I>

Dear Mrs Dass, please stop any exercise that causes pain. If you have any questions with an exercise, just email us on [stabletherapycentre@gmail.com](mailto:stabletherapycentre@gmail.com). Good luck and keep with it!