

Pro-align, Sydney

Injury Profile: Calf strength for Pro- Align

Last Updated: Fri Dec 16 2016 02:30:03 GMT+0000 (GMT)

The following are rehabilitation exercises to help you recover faster and prevent re-injury. Please contact your Health Professional if you have any questions

Calf Raise on Floor (Double)



15

Reps

3

Sets

- Keep knees straight and raise up onto toes. Keep even weight through toes 1-4 and a centred ankle.
- Pause at the top then slowly lower
- Hold onto the wall or chair if needed

[Watch Video](#)

Calf Raise on Step - Single



15

Reps

2

Sets

- Standing with 1 foot on edge of step
- Keep knee straight and raise up onto toes for the count of 1
- Pause at the top then slowly lower the heel over the edge of the step again for a slow count of 3
- Repeat on the other side. Aim to go to full range

[Watch Video](#)

Eccentric Calf Lower - Knee Bent Bilateral



15
Reps

2
Sets

- Raise up on toes on 2 feet with feet on the edge of a step
- Bend Knees slightly
- Transfer all weight onto 1 leg whilst still up on toes
- Slowly lower your heel over the edge of step (3secs)
- Raise back up onto your toes again and repeat on the other side
- Keep the knee bend consistent throughout the movement
- Exercise should be progressively loaded as becomes easier by using weights or a weighted back pack

[Watch Video](#)

Wobble Board Ankle mobility-2 Legs



7
Reps

2
Sets

- Feet evenly spaced apart on board
- Roll the board around all edges in one direction then repeat in other direction
- Perform rocking motion forwards and backwards and then side to side
- Ensure you control the movements and work slowly to full range

The exercises and advice in this rehabilitation program have been prescribed specifically to you by your healthcare provider. Any questions about this program should be directed to that provider. MyPhysioRehab does not accept any liability for damage or injury suffered whilst performing these exercises. Please seek advice from your health professional if you experience any discomfort during this exercise routine.