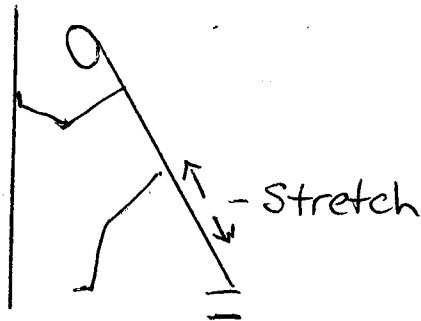


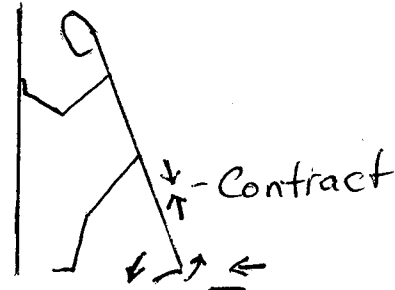
Concord Sport & Spine Physiotherapy



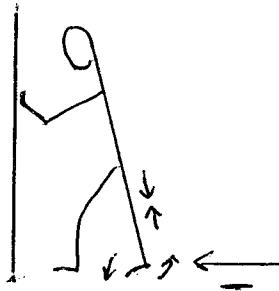
Static Calf Strengthening



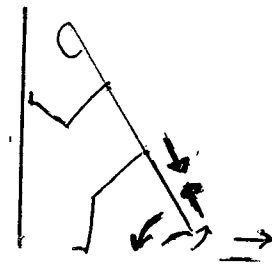
- Facing a wall, position yourself as if doing a standard calf stretch. (In the diagram, the rear leg is the stretching leg). Keeping the knee straight and your heel flat on the ground, find the point where you just start to feel stretch in the calf muscle.



- Now, slide your foot forward a small amount till you no longer feel stretch, but with the heel still resting on the ground. At this point, push the ball of your foot lightly into the ground, lifting the heel fractionally. You are aiming to do a gentle calf 'contraction'.



- If there is pain with this exercise, move your leg even closer to the wall, then try again. Keep the pressure light on the ball of your foot, and push down for 5 seconds. Relax and lower the heel.



- Repeat this 6 times, then rest for 20 seconds. Do a total of **3 sets of 6 repetitions**. If you can do this without pain, build up to 3 sets of 10 repetitions over 1 to 2 days. Then progress by applying more force as your foot pushes into the ground.

Note: There should be minimal pain during or after the exercise - only a feeling that the muscle has been 'worked'. If you do feel moderate pain walking around afterwards, ice the area for 20 minutes.

Repeat this 1x daily, or as recommended by your physiotherapist.

- You can progress the exercise by gradually moving the foot further from the wall, back towards where you feel the muscle stretching.

If you have any problems email us at info@cssphysio.com.au