

Eccentric Calf Exercises

Caution: Please consult your healthcare professional before you attempt these exercises.

Perform
twice a day

The aim of the Eccentric Calf Exercises is to strengthen your calf muscles. Repeat these exercises 3 to 5 times. Perform the exercises on both sides if required.

1. Stand on the lowest step of a staircase, use the handrail for support, and rise up onto your toes.



2. To exercise the right calf, bend your left knee to lift your left foot up.



3. Slowly drop your right heel to below the step and hold this position for 5 seconds.



4. Slowly bend your right knee allowing your right heel to rise up to the step level. Hold this position for 5 seconds.



5. Return your left foot to the step and rise up onto your toes again (the starting position).



© All rights reserved. Educom Pty. Ltd.