

True2Form Massage Therapy  
6513 118 avenue  
Edmonton, AB, Alberta

3 Sets / 15 Reps / 1 s hold



### 1. "Heel raises" Gastrocnemius strengthening, on step, standing near wall

Stand up straight on a step.  
Place the step in front of a wall, or close to a rail for support.  
Walk your feet backwards so that your heels hang off the back to the step.  
Keeping your knees straight, rise up onto the balls of your feet.  
Control the movement as you lower your heels back down and repeat the movement.

3 Sets / 15 Reps / 1 s hold



### 2. "Heel raises" Gastrocnemius strengthening, on step, single leg, near wall

Stand up straight on a step.  
Place the step in front of a wall, or close to a rail for support.  
Walk your feet backwards so that your heels hang off the back to the step.  
Move your weight onto the leg to be exercised, lifting the foot of your other leg off the step.  
Keeping your knee straight, rise up onto the ball of your foot.  
Control the movement as you lower your heel back down and repeat the movement.

3 Sets / 15 Reps / 1 s hold



### 3. "Heel raises" Soleus strengthening (bilateral), sitting

Sit upright on a chair with your feet flat on the floor.  
Slowly raise your heels up keeping your toes in contact with the floor.  
Continue on for the required duration.

3 Sets / 15 Reps / 1 s hold



### 4. Ankle plantar flexion strengthening eccentric, on step, standing near wall

Step up onto a step with a supportive surface such as a wall in front of you.  
Walk your feet backward so that your heels rest over the edge of the step.  
Your weight should be in the balls of your feet.  
Rise up onto your toes.  
Pause at the top, and then control the movement as you slowly lower your heels back over the edge of the step.  
Repeat this movement using as much support as you need, to rise up onto your toes.



### 5. "Heel raises" Ankle plantar flexion dynamic strengthening, on step

Stand up straight on a step with your heels off the edge.

Stand with your feet parallel with the floor.

You may want a wall or a sturdy table in front of you for support.

Quickly drive through the balls of your feet to raise your heels up as though you are about to jump but not quite.

Control the movement as you lower your heels back down at a fast pace.

Just before your heels reach the start position, repeat the movement quickly.

Ensure you continue at a steady, powerful pace.

Do not allow your heels to drop below the step.