

True2Form Massage Therapy  
 6513 118 avenue  
 Edmonton, AB, Alberta

3 Sets / 15 Reps



### 1. Ankle plantar flexion strengthening eccentric, on step, single leg 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.

Take your weight onto your affected leg, lifting your other foot from the step.

Pause at the top, and then control the movement as you slowly lower your heel back over the edge of the step.

Repeat this movement using as much support as you need, to rise up onto your toes.

3 Sets / 15 Reps / 1 s hold



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

Stand up straight on a step.

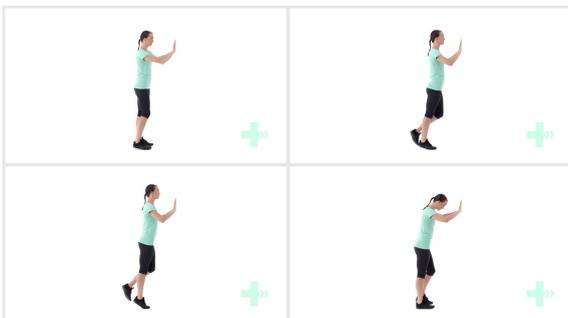
Place the step in front of a wall, or close to a rail for support.

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 / 20 Reps



### 3. "Heel raises" Ankle plantar flexion dynamic strengthening, single leg

Stand up straight on the floor.

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

Transfer your weight onto the leg that you would like to exercise.

Quickly drive through the ball of your foot to raise your heel off the ground as though you are about to jump but not quite.

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

Just before your heel reaches the floor, repeat the movement quickly.

Ensure you continue at a steady, powerful pace.

Do not allow your heel to come into contact with the ground.