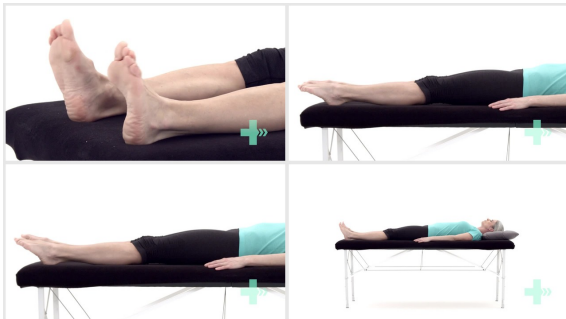


True2Form Massage Therapy
 6513 118 avenue
 Edmonton, AB, Alberta

3 Sets / 10 Reps



1. "Ankle pumps" Plantar flexion/dorsiflexion AROM, thrombosis prevention, supine; 01

Lie down on the bed.
 Raise both feet and point your toes away from your body.
 Move only your feet and keep your legs on the bed.

3 Sets / 10 Reps



2. "Heel raises" Ankle plantar flexion strengthening, hands on table, standing

Stand up straight facing a high, supportive surface.
 Place your hands onto the surface and ensure your legs are hip-distance apart.
 Using your arms to assist the movement, rise up onto the balls of both feet.
 Your heels should come away from the floor.
 You can vary how much or how little your legs do by increasing or decreasing the support of your arms.
 Control the movement as you lower back down, and repeat.

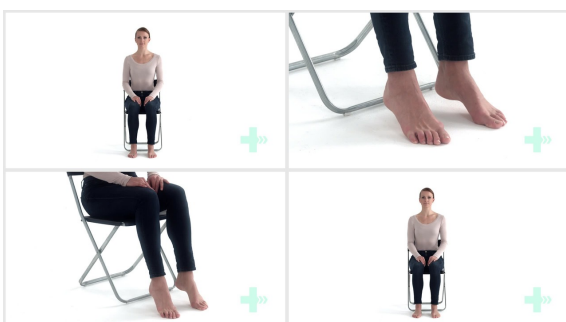
3 Sets / 10 Reps



3. "Heel raises" Gastrocnemius strengthening, single leg, behind chair

Stand on your symptomatic leg holding on to a supportive surface.
 Maintaining your balance, rise up on to your toes so the heel comes off the floor, keeping your knee straight.
 Control the movement back to the start position, and repeat.

3 Sets / 10 Reps / 1 s hold



4. "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.