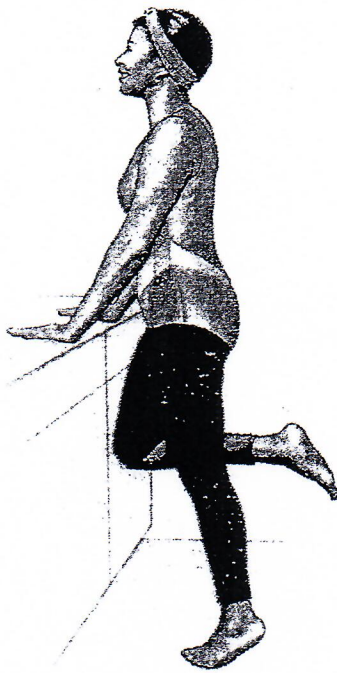


## STANDING CALF RAISE

- 1 Stand, using a sturdy counter for balance only. Lift your \_\_\_\_\_ foot so you're standing on the other foot.
- 2 Rise up on your toes, then lower back onto your heel.
- 3 Repeat 15 times. Do 3 sets a day.



### CAUTION

- Keep your back straight.
- Don't lean on the counter.

## REVERSE CALF RAISE

- 1 Remove your shoes and socks. Then sit with your \_\_\_\_\_ heel on the edge of a phone book or block of wood.
- 2 Keeping your heel on the phone book or wood, raise the front of your foot as far as you can, then lower it back down.
- 3 Repeat 15 times. Do 3 sets a day.



### CAUTION

- Use a book or block no thicker than 3 inches.

## ISOMETRIC ANKLE EXERCISE

- 1 Sit on a chair next to a wall, doorway, or sturdy table or chair leg.
- 2 With your heel on the ground, push the outside of your foot against the hard surface. Hold for 5 seconds. Repeat 15 times.
- 3 With your heel on the ground, push the inside of your foot against the hard surface. Hold for 5 seconds. Repeat 15 times.
- 4 Do 3 sets a day.



### CAUTION

- Push only with your foot, not with the rest of the leg.

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