**Calf Exercises**

**Heel Strike Walking-** Walking up and down a corridor, over emphasising with heel placement and then following through lifting up on to the toes. Complete this for 1-2 minutes without any pain, 1-2 times a day.

**Calf Isometric Holds-** Holding on to a wall, come up on to toes on both feet, hold for 10 seconds and then lower. Repeat 3-5 times without any pain occurring. 1-2 times a day.

**Eccentric Heel Drops-** On a step, drop one heel off of the step and load that heel as it drops off the step keeping your toes on the step. Slowly lower for 3 seconds then up onto toes in 1 seconds. Repeat 8-10 times on each leg. 1-2 times a day

**Stretches!** Make sure your stretches are being done. Quadricpes, hamstrings and calf stretches. If you need a reminder of what they are please let me know and I can show you them.

Complete these exercises for atleast 1 week, if there is no pain occurring then we can progress on to other exercises.