



Heel Raise Both Feet—Standing

Exercise Description:

- Begin standing
- Raise your heels, lifting up onto the toes
- Keep your weight evenly distributed across the balls of your feet
- Keep your ankle aligned with the foot and leg
- Repeat

Exercise Frequency: Daily

Hold Time: 1 seconds

Repetitions: 25

Sets: 1

Progress to Single Leg Heel Raise (below) when able.



Single Leg Heel Raise

Exercise Description:

- Begin standing on one leg
- Raise the heel, lifting up onto the toes, hold 1 second.
- Keep your weight evenly distributed across the ball of the foot
- Keep the ankle aligned with the foot and leg
- Repeat
- Goal is to do 25 times without resting

Exercise Frequency: Daily

Hold Time: 1 seconds

Repetitions: 25

Sets: 1



The Calf Strengthening Exercise is based on the research of Carmen Abbott PT, PhD at the University of Missouri, which shows correlations between ankle strength and walking speed, fall risk, and walking endurance. The goal is to be able to perform 25 repetitions of the single leg heel lift.