

Calves (body weight)

Ankle Bounces



Exercise Description:

Ankle Bounces

Classification:

Calves (body weight)

Instructions:

1. Stand with feet shoulder-width apart and knees slightly bent. Arms should be at sides and bent up to 90°.
2. Hop continuously on both feet using only the ankles to project body up.
3. Remember to extend the ankles to their maximum range on each hop to ensure proper mechanics (or full plantar flexion).

Calf Raise on balance disc



Exercise Description:

Calf Raise on balance disc

Classification:

Calves (body weight)

Instructions:

1. Start by placing both feet on a balance disc and maintain your balance.
2. Once you are balanced raise up on the balls of your feet until your ankles are fully extended.
3. Return to the starting position and repeat.

Supine Calf Raise



Exercise Description:

Supine Calf Raise

Classification:

Calves (body weight)

Instructions:

1. Lie on your back with the ball under your upper back.
2. Push off your toes so that your heels and legs rise towards the ceiling.
3. Return to the starting position and repeat for the prescribed repetitions.

Standing calf stretch



Exercise Description:

Standing calf stretch

Classification:

Calves (body weight)

Instructions:

1. Start by placing your heels off the edge of a step or ledge.
2. Hold onto something if you need balance.
3. Relax and let your heels drop towards the floor until a stretch is felt in your calves.
4. Hold this position for the suggested number of seconds.

