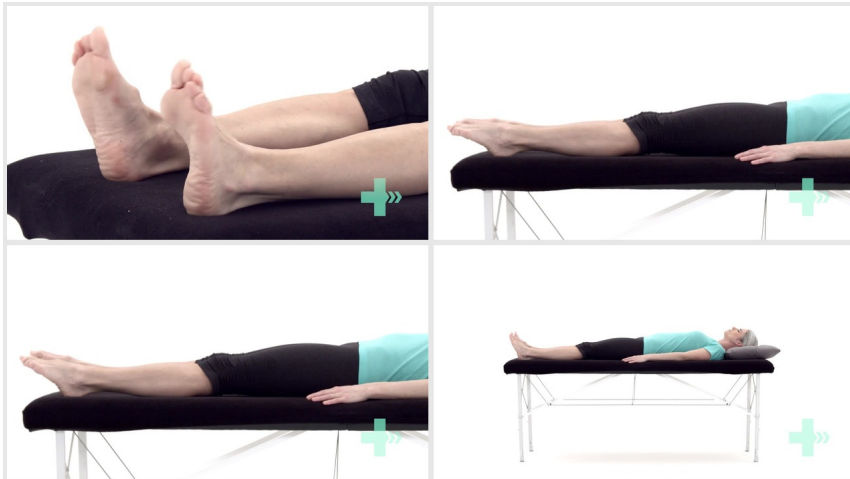


Cheltenham Podiatry
1231 Nepean hwy
Highett
Melbourne, VIC, 3190

1. Prevention of thrombosis in supine position

3 Sets / 10 Reps



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.

2. Heel raise active assisted bilateral

3 Sets / 10 Reps



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. Single leg heel raise

3 Sets / 10 Reps



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.

4. Hold and relax, heel raises

3 Sets / 10 Reps / 1 s hold



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.