

# Stretches

## Stretching LEFT Soleus Muscle



Hold the stretch for 1 minute.  
You should feel a stretch at the back of your calf muscle  
DO NOT let your heel come off the ground

## Stretching RIGHT Gastrocnemius muscle



Hold the stretch for 1 minute  
You should feel the stretch at the back of your calf muscle  
DO NOT let your heel come off the ground

To stretch the opposite leg, swap leg positions as shown above.

# The Eccentric Program

## Phase 1: Tiptoes with knee straight



Stand on both feet. Use your GOOD leg to raise up onto tiptoes. Transfer your weight across to your BAD leg and lower yourself down. Repeat.

Aim for 3 sets of 15 repetitions

TWICE a day

## Phase 1: Tiptoes with knees bent



Stand on both feet. Use your GOOD leg to raise up onto tiptoes. Transfer your weight across to your BAD leg and lower yourself down. Repeat.

Aim for 3 sets of 15 repetitions

TWICE a day

Progress to phase 2 when these exercises become easier.

## Phase 2: Unilateral tiptoes, knee straight.



Stand on both feet. Use your GOOD leg to raise up onto tiptoes, transfer your weight across to your BAD leg and lower yourself down. Repeat.

Aim for 3 sets of 15 repetitions,  
TWICE a day.

## Phase 2: Unilateral tiptoes, knee bent.



Stand on both feet. Use your GOOD leg to raise up onto tiptoes, transfer your weight across to your BAD leg and lower yourself down. Repeat.

Aim for 3 sets of 15 repetitions  
TWICE a day.

Progress to phase 3 when these exercises become easier

### Phase 3: Unilateral heel drops, knee straight, over edge of a step



Stand on both feet. Use your GOOD leg to raise up onto tiptoes, transfer your weight across to your BAD leg and lower yourself down, (see picture below). Repeat.

Aim for 3 sets of 15 repetitions

TWICE a day

### Phase 3 : Unilateral heel drops, knee straight, over edge of a step



The end position.

Aim for 3 sets of 15 repetitions

TWICE a day

To progress this phase, you can wear a rucksack with books in to increase the weight and load through the tendon.

### Phase 3: Unilateral heel drops, knee bent, over edge of a step



Stand on both feet. Use your GOOD leg to raise up onto tiptoe, transfer your weight across to your BAD leg and lower yourself down, (see picture below). Repeat.

Aim for 3 sets of 15 repetitions.

TWICE a day.

### Phase 3: Unilateral heel drops, knee bent, over edge of a step



The end position.

Aim for 3 sets of 15 repetitions.

TWICE a day.

To progress this phase, you can wear a rucksack with books in to increase the weight and load through the tendon.