



Toe Walking Exercises

Stretching Exercises

Gastrocnemius Stretch



- In a standing position, hold on to a table or chair for support and step a leg back behind you.
- Keep the heel on the floor and the toes pointing forwards.
- Bend the front knee, moving your body forwards, until you feel a stretch in the back of the calf.
- Make sure your heel does not come off the floor and your back knee does not bend.

Hold the stretch for 30 seconds. Repeat 3 times on each leg, 3 times per day.

Soleus Stretch



- Start in a standing position, holding on to a wall for support. Step the affected leg backwards.
- Keeping the toes pointing forwards, bend the front leg, moving your body in this direction.
- Hold this position and allow the back knee to soften, your heel may come up a little. You should feel this stretch lower down in the calf near the tendon.

Hold the stretch for 30 seconds. Repeat 3 times on each leg, 3 times per day.



Heel Drop



- Stand up straight on a step. You can hold onto a support if you need this for your balance.
- Bring your heels back off the edge of the step. Keep the ball of your feet on the step and lower your heels down until you feel a stretch in your calf muscles.
- Your knees should be straight as you hold this position. Lift your heels up or step forward to finish the stretch.



Hold the stretch for 30 seconds. Repeat 3 times on each leg, 3 times per day.

Bear Walking



- Start with your hands and feet on the floor.
- Move your opposite arm and leg forwards so you are walking on your hands and feet like a bear.
- Your heels should stay on the floor and you should push your knees straight with each step so that you are stretching your calf muscles.



Complete 10 reps of 3 sets, 3 times per day.



Sustained Calf Stretch



- Stand up straight with a wedge on the floor in front of you.
- Move your weight forwards until you feel a stretch in the back of your lower legs.

Hold this position for up to 15 minutes.

Strengthening Exercises

Heel Walking



- Stand up straight and lift your toes off the floor as high as you can.
- Walk forwards, balancing on your heels only, keeping your toes up.

Complete 10 reps of 3 sets, 3 times per day.

Bridging



- Lie on your back with your knees bent and your feet flat on the floor.
- Tighten your buttock muscles and lift your hips up into the bridge position. Make sure you keep your hips up and level throughout the movement.

Complete 10 reps of 3 sets



Sit to Stand from a Low Height



- Sit upright in a low chair so that your knees are level with, or slightly higher than your hips. Tuck your feet back so that they are under your knees.
- Your legs should be hip width apart. Fold your arms so that they are not used to help push yourself up.
- Lean your body forward and push through your legs to stand up straight. Ensure you fully straighten your hips once you are standing. Control the movement as you sit back down.
- Ensure heels stay in contact throughout

Complete 10 reps of 3 sets

Squats with Heels Down



With your feet hip width apart, slowly bend your knees and hips, bringing your knees straight over your toes while keeping both heels flat on the ground.

Complete 10 reps of 3 sets



Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please email whh-tr.patient-information@nhs.net. We will try our best to meet your needs.

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