



COACH HOUSE SPORTS PHYSIOTHERAPY CLINIC LTD

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Soleus Raises (deep calf)

- Stand facing the wall, on one leg with the knee bent.
- Keep knee over second toe at all times.
- Without moving hips, lift heel off floor and go onto toes, then lower.
- Do not let knee fall in.
- Go through full range, aiming for smooth movement.
- Build up to 3 x 25
- Do daily after running.



Gastrocnemius Raises (straight knee)

- Stand on edge of step on one leg with knee straight
- Fingers on wall for balance
- Go up and down with heel, keeping knee straight
- Go through full range with a smooth movement
- Build up to 3 X 25
- Do daily after running

(Once this becomes easy, you can make it more plyometric on alternate days by going for speed upwards)

