

Podiatry Services

Patient Information Leaflet

Calf Muscle Conditioning: Exercise Band

(V1 February 2023)

You will need a therapy band, which is basically a large elastic band. These can be acquired via physiotherapy suppliers, e.g. see www.physiosupplies.com or www.amazon.co.uk



Sit on a chair, or the floor. Loop the therapy band around the front half of your foot and adjust your position until all slack is out of the elastic. Your foot and ankle should be pointing towards you.

Now, keeping your heel on the floor to act as a pivot, slowly point your foot and toes away from you towards the floor. Slowly return your foot to the starting position.

See video link <https://bit.ly/3fCLlBO> - Choose No 14.

Ensure that you only rotate your foot outwards, and not your lower leg. Your knees should remain stationary.



Important: Stop the exercise if you start to experience pain beyond your tolerance.

If no resistance is felt, move your chair slightly further away from the furniture the band is attached to.

Do as many as possible until your ankle/leg feels tired. Repeat for the other leg (you will need to either turn your chair around or use another piece of furniture to exercise the other leg).

If you have any questions about the information in this leaflet, please contact Podiatry Services.

Further information about the service and how to manage a range of foot health problems yourself, can also be found on our website:

www.livewellsouthwest.co.uk/project/podiatry

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