

Podiatry Services

Patient Information Leaflet

Calf Muscle/Achilles Tendon Conditioning: Standing

(V1 December 2022)



Start with your feet flat on the floor then push up onto the tip toes of your right/left foot, slowly lower back down again (4 seconds up and 4 seconds down)

Rest for a few minutes, and then repeat the exercise with your knees bent- ensuring that only your ankles move (keeping your knees and hips still).

Repeat this until your legs are tired (every other day or 2-3 times per week)

Note: Experiencing some pain during this exercise is normal but stop and rest for a couple of days if the pain is intolerable.

If this is too easy, then progress the exercise with the following:

1. Perform the exercise on one leg at a time
2. If that is too easy- perform the exercise over the edge of a step (both legs, then progress to one leg at a time). See video link below.

See video link: <https://bit.ly/3fCLlbo> Choose No 6 and No 13

Caution: You will develop muscle soreness during the first few days/weeks of doing this exercise. This is normal and will subside once your body becomes accustomed to the exercise.

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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