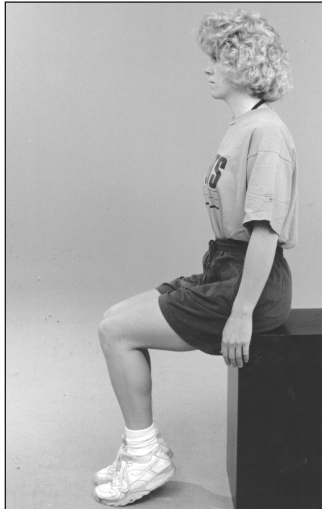


## Heel Raises – Sitting



**Purpose:** To strengthen calf muscles and increase ankle plantar flexion.

**Position:** Sit with your legs hips-width apart.

- ☐ Place football/towel between knees.

**Action:** Raise heels off floor and push with balls of feet.

- ☐ Squeeze football with legs as heels raise off floor.

Hold each repetition \_\_\_\_ seconds.

Do \_\_\_\_ repetitions \_\_\_\_ times per day.