

How to do calf raises

Double or single leg, with chair as support or added weight

This exercise will strengthen the muscles around the ankle and lower leg. This will provide you with more power in your 'gait cycle'. It gives you a more powerful push-off and help with stability for everyday walking.

Instructions for double leg:

1. Stand up tall and straight, holding onto the back of a chair.
2. Raise up slowly as high as possible onto the balls of both feet.
3. Pause and squeeze the calves at the top.
4. Lower your body to the starting position.



Tips to help you get the movement right:

- Don't lean forward onto the chair.
- Keep your weight over your toes.
- As balance improves, use the chair for support less. Reduce support to fingertips and if balance is good, let go of the chair. Keep it in front of you in case you need to reach for it.

Instructions for single leg:

1. Lift one foot off the floor.
2. Lift the heel of the foot that's on the floor, rising up as high as possible onto the ball of the foot.
3. Pause and squeeze the calf at the top.
4. Lower your heel to the starting position.
5. Add ankle weights once you can complete the movement correctly for at least a set of 10 repetitions while remaining strong throughout.

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