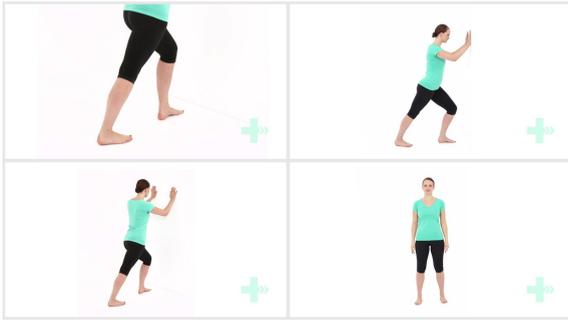


3 Sets / 3 Reps / 15 s hold



1. Gastrocnemius stretch (holding on)

In a standing position, step your affected leg back behind you. Keep the heel on the floor and the toes pointing forwards. Bend the front knee, moving your body forwards, until you feel a stretch in the back of the calf. Make sure your heel does not come off the floor and your back knee does not bend.

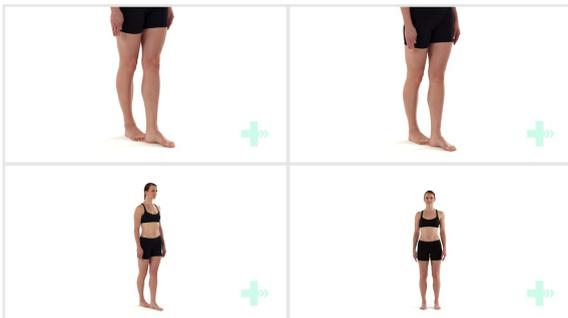
3 Sets / 10 Reps



2. SL eccentric gastrocnemius on floor

Stand with both legs straight at hip-width apart. Rise up onto your toes, keeping your legs straight, and transfer your weight onto your affected leg. Control the movement back down to the start position, and repeat, ensuring you rise up on both legs.

3 Sets / 5 Reps / 30 s hold



3. Tandem foot balance

Stand with one foot in front of the other. The toes of your back foot should just touch the heel of your front foot. Spread your weight evenly across both feet. Hold this position for as long as you can.

3 Sets / 5 Reps / 30 s hold



4. SLS eyes open

Balance on your symptomatic leg for as long as you can. You may want to be close to a solid object to hold on to if needed. Do not rest your bent leg on the stance leg.