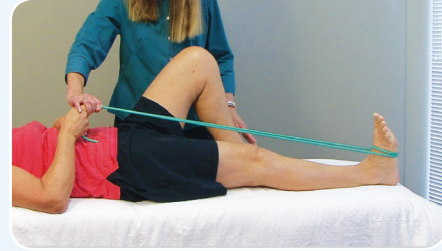
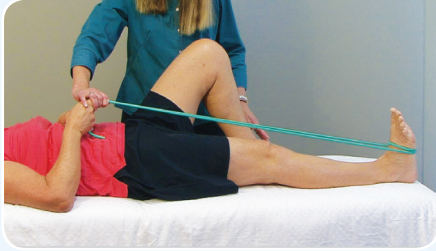


4. Calf strength against elastic tube



Aim Strengthen calf muscles (lower leg) and to improve ankle mobility.

- Instructions**
- Sit (or lie) on a firm surface eg. on your bed or a firm couch, with your leg out in front of you.
 - Loop your elastic tube twice around the ball of your foot.
 - Hold both ends of the elastic tube so that it is pulled tight.
 - Press your foot down as far as you can comfortably, pointing your toes away from you.
 - Slowly let your foot come back so the toes point to the ceiling.
 - The action is like pushing the accelerator of the car.

Repetitions 20 times on each foot (3 x per week).

Tip If the elastic tube is uncomfortable on your foot, do this activity with your shoes on. If you have delicate skin, wear thick socks for protection when using the exercise tube.