



## SINGLE-LEG ECCENTRIC CALF RAISE

With the balls of your feet on the edge of a step, rise up onto your toes (1). Remove your unaffected leg and take all your weight on your affected leg (2). Slowly lower your heel down beyond the level of the step (3). Using both legs, return to the start position (1). Repeat.

**SETS & REPS:** 3 x 15

**FREQUENCY:** 2 x day