

## Eccentric calf exercises



Stand safely on a stable step with your heels off the edge (Fig A).

Hold onto a support for safety.

Keeping your knees straight and slowly lower your heels below the level of the step (Fig B).

To progress – repeat this exercise on one leg (Fig C).

For a video demonstration of this exercise please press '**Ctrl**' and click [HERE](#)



Alternatively, if you have a hand held device such as a smart phone or tablet, download a free 'QR code reader' app from your app store and scan below.



NB Viewing this video may use some of your mobile data allowance. We recommend waiting until you have a wifi connection.

