

Heel raise exercise

Why do this exercise?

This exercise strengthens the muscles that support the arch of your foot.

How to do this exercise?

1. Stand with your feet comfortably apart.
2. Rise up onto the balls of your feet about three quarters as high as you are able.
3. Pause, then lower your feet back to the ground.

How often?

Your podiatrist will let you know how many times to do this exercise each day.

- sets
- repetitions each set
- times per day

