

Heel Raise (Foot Extension)

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Why Do This Exercise?

This exercise helps to strengthen the muscles surrounding the joints adjusted by your practitioner. The stronger these muscles are the longer your adjustments will hold.

How To Do This Exercise?

1. Sit or stand with your feet comfortably apart.
2. Come onto the balls of your feet about $\frac{3}{4}$ as high as you can go.

How Often?

Hold for 60 seconds 3 sets twice daily

