

Tennessee Back Pain Center

3242 Memorial Blvd Ste C Murfreesboro, TN 37129

Phone: (615)-900-5187

Fax: (833)-624-3035

Email: tennesseebackpaincenter@gmail.com



Calf Isometrics – Exercise Instructions

- This exercise is performed standing.
 - Have an object, wall, or something near you for balance
- Make sure you are standing straight up.
- Look straight ahead
- Gastrocnemius Exercise
 - Lift both heels off the ground and press upward with your toes, **keeping your knees straight.**
 - Hold for 30 seconds and then return to starting position
 - Perform this 1 time
 - 1 repetition = 1 set
 - Perform three sets, twice a day or as prescribed by your doctor.
- Soleus Exercise
 - **Lift both heels off the ground and press upward with your toes, keeping your knees bent.**
 - Hold for 30 seconds and then return to starting position
 - Perform this 1 time.
 - 1 repetition = 1 set
 - Perform three sets, twice a day or as prescribed by your doctor.
- Helpful Tips
 - You should feel this exercise in your calves.
 - This is an excellent exercise if you suffer from calf cramps.
- Notes:
 - You should feel this exercise in the back of your calves. If you are feeling fatigue or discomfort elsewhere, please consult your doctor.
 - As always, abide by a pain rule of 4/10. Anything below a 4/10 is okay to push through. Anything above a 4/10, please stop and consult your doctor. We understand this rule is subjective but do your best to judge your pain.

Use a wall
to balance

Keep knees
straight for
1st round.

Then bend
knees for
2nd round

Lift heels off ground

Calf Isometrics