

Heel Raises  
(sitting)



\*\*PLEASE FOLLOW YOUR THERAPISTS RECOMMENDED REPETITIONS\*\*

Start with your entire foot on the ground.



Heel Raises  
(sitting)



\*\*PLEASE FOLLOW YOUR THERAPISTS RECOMMENDED REPETITIONS\*\*

Next, raise up your heels. Keep your toes on the ground the entire time. After, bring your heel back to the floor.

\_\_\_\_\_ Sets

\_\_\_\_\_ Repetitions

