CALF REHAB – STRENGTH

Double Leg Bench Hip Thrust

Double Leg Feet Elevated Hip Bridge

Double Leg Isometric Calf Raise

Double Leg Wall Strides

Double Leg Standing Calf Raise

Isometric Split Squat

Short Lever Adductor Hold

Single Leg Bench Hip Thrust

Single Leg Feet Elevated Hip Bridge

Single Leg Isometric Calf Raise

Single Leg Squat

Single Leg Standing Calf Raise

Single Leg Wall Strides

Split Squat Calf Raise

Wall Sit Isometric Calf Raise

Wall Sit bent Knee Calf Raises

Single Leg Wall Sit Bent Knee Calf Raise

Reverse Lunge + Stepup