



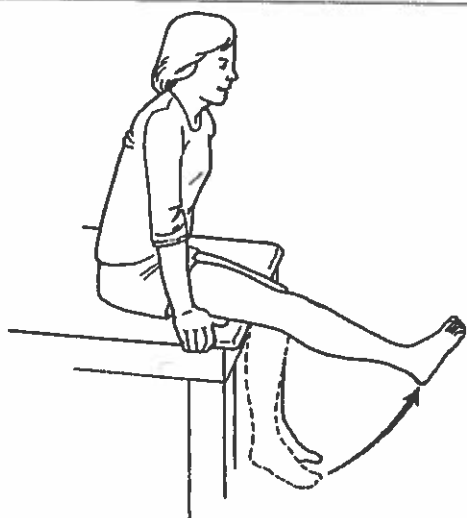
**PhysioTools**

*Work with the Best*

**Personal exercise program**

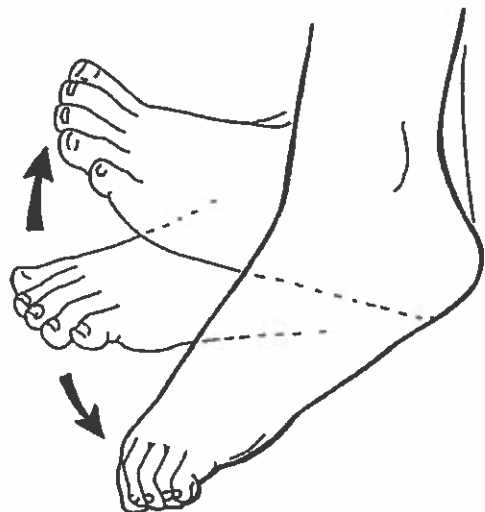
**Daily Calf Pump Home Exercise Program**

St. Joseph's Care Group - SJCG Rehabilitation  
 St. Joseph's Care Group - SJCG Rehabilitation  
 35 N Algoma Street, P7B 5G7, Thunder Bay, ON, Canada



1. Sit on edge of chair or bed
2. Straighten knee fully
3. Hold   5   seconds and slowly lower
4.   10   repetitions,   3   times per day

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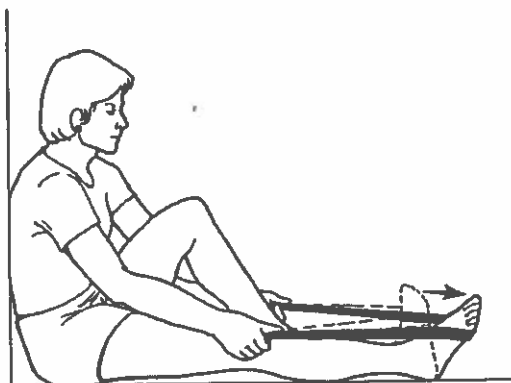
1. Bend ankle up toward your body as far as possible
2. Hold   3   seconds
3. Now point toe away from your body
4. Hold   3   seconds
5. Repeat for 5 minutes,   3   times per day

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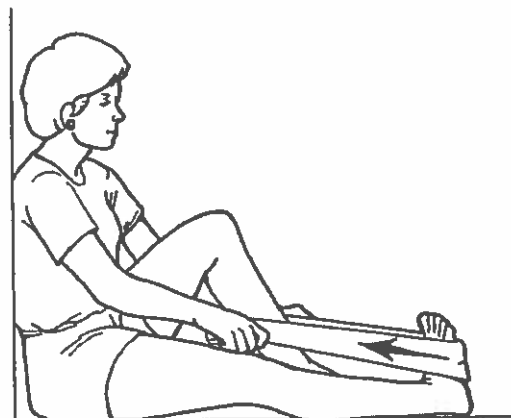
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1. Move your ankle around slowly in a large circle
2. Repeat in the opposite direction
3. Repeat for 5 minutes, 3 times per day



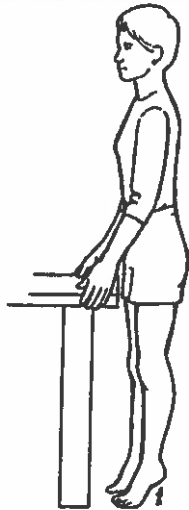
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1. Sit on a bed/sofa or in a chair
2. Keep the knee straight
3. Place elastic tubing around foot as shown - make sure it is not over a wound area
4. Push toes slowly away from your body (point your foot)
5. Hold 5 seconds
6. 10 x 2 repetitions, 3 times per day on each leg



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1. Sit on edge of bed/sofa or chair
2. Keep your knee straight
3. Place towel or strap around foot as shown - make sure you do not put strap/towel over a wound area
4. Pull top of foot toward your body so that you feel a stretch in your calf - without pain
5. Hold 30 seconds
6. 2-3 repetitions, 3 times per day



1. Stand with feet 12 inches apart
2. Raise up slowly onto your toes as high as you can
3. Hold 3 seconds
4. 10 repetitions, 3 times per day

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