

## ARCHCOACH™ CALF RAISES for ANKLES



Adjust the ArchCOACH™ to the position shown. For “ankle” exercises the ArchCOACH™ strap must course from on top of the foot around the outside of the foot and is pulled up under your arch and held up by your hand.

The ArchCOACH™ “X” gives an estimate of the direction in which to apply the strap. For “ankle” exercises begin the strap at the front inside of the top of the foot and attach it so that the ArchCOACH™ velcro runs diagonally across the ArchCOACH™ “X”.

Next apply resistance by pulling the strap onto the desired tension. Slightly roll your foot in against the resistance of the ArchCOACH™ and maintain this foot position against the resistance.

Rise up onto the balls of your feet slowly.

Do not let the resistance from the ArchCOACH™ roll your foot out at any stage throughout the calf raise.

Repeat these calf raises as instructed by your therapist.

