

Exercises for Sever's Disease

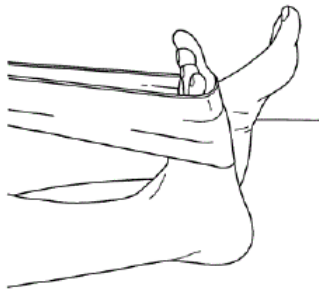


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Stand with your feet together facing a wall, leaning against it with your arms and back straight.

Let your body drop towards the wall keeping heels on the floor. You should feel the stretching in your calves. Hold approx. 20 secs. - relax.

Repeat 3 times.

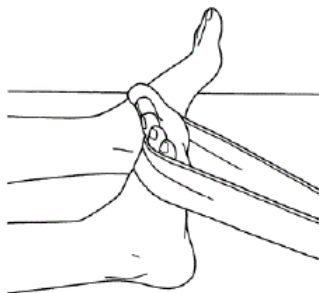


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Sit with one leg straight out in front of you. Put a band around your foot.

Gently pull the band and feel the stretch in your calf. Hold approx. 30 secs.

Repeat 3 times.



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Sit on the floor or on a chair. Put a rubber exercise band around your foot.

Pull your foot up towards your body, and then gently return to starting position.

Do 3 sets of 10 repetitions.