

Stage 1. Seated heel-rises (both legs)

- Level 1 10 x 3 sets 3 times per day everyday
- Level 2 15 x 3 sets 3 times per day everyday
- Level 3 20 x 3 sets 3 times per day everyday
- Level 4 25 x 3 sets 3 times per day everyday

Stage 2. Standing heel-rises (both legs)

- Level 1 10 x 3 sets 3 times per day everyday
- Level 2 15 x 3 sets 3 times per day everyday
- Level 3 20 x 3 sets 3 times per day everyday
- Level 4 25 x 3 sets 3 times per day everyday

Stage 3. One legged heel-rises

- Level 1 10 x 3 sets 3 times per day everyday
- Level 2 15 x 3 sets 3 times per day everyday
- Level 3 20 x 3 sets 3 times per day everyday
- Level 4 25 x 3 sets 3 times per day everyday