

# How to Do Heel Raises

Heel raise exercises strengthen muscles in the back of your lower leg...

and your ankles and feet.

Here's how to do them.

Stand with your feet a few inches apart, with your hands lightly resting on a counter or chair in front of you--for balance.

Slowly raise your heels off the floor... rolling up onto your toes...

and keeping your knees straight.

Keep your heels raised for about 6 seconds.

Then, slowly lower your heels to the floor.

Do this exercise 8 to 12 times... several times during the day.

Some soreness or discomfort may be expected...

but stop doing an exercise if you have increased pain.