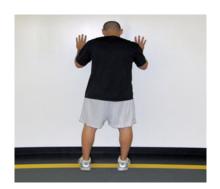
## Vanderbilt Sports Medicine

## **KNEE OSTEOARTHRITIS Lower Leg Strengthening**





**Standing Calf Raises**: Start with both feet flat on the floor with your legs straight. Raise up on both feet as high as possible.





Standing Toe Raises: Start with both feet flat on the floor and legs straight. Pull your toes up toward you while keeping your heels on the floor.