Heel Rise

Name:	Date:
ivanic.	Date.

During walking, the plantar flexors slow down the forward motion of the tibia over the foot during the stance phase and propel the body forward during push-off. People with weak plantar flexors usually present a crouch gait pattern during walking, difficulty in performing activities involving lower limbs or even inability to perform such activities, or inadequate standing balance.

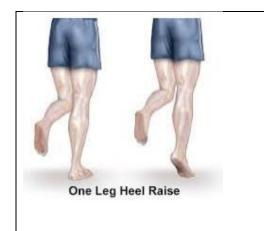
Equipment:

Metronome set at 60 bpm, wall

Purpose:

- Assess the functional strength of the gastrocsoleus muscle group
- Assesses endurance, strength, fatigue, function and performance that could are as gait and balance

Procedure:



- Subject is barefoot and must be able to observe the leg past knee
- 2. Assess bilateral exertion first. Have them rise up on both toes to see exertion rise available
- 3. Test each leg separately
- 4. Subject may lightly place hands on the wall for balance support
- Instruct the subject to rise up on the ball of the foot at a rate of 1 rep every 2 sec metronome beat (up on first beat, down on second beat)
- 6. Document total number of rises completed successfully up to 25.

- 7. Test stops if:
 - a. Knee flexes
 - b. Range of rise decreases to >50% of bilateral rise
 - c. Subject rocks back and forth
 - d. Loss of balance
 - e. Fingers press into support surface
 - f. Unable to keep up rhythm

SCORE RIGHT LEFT	
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Scoring: (*based on 20-59 year olds)

Norms:

Females:	Males:	
21-40 yrs = 16.1 (SD 6.7)	21-40 yrs = 22.1 (SD 9.8)	
41-60 yrs = 9.3 (SD 3.6)	41-60 yrs = 12.1 (SD 6.6)	
61-80 yrs = 2.7 (SD 1.5)	61-80 yrs = 4.1 (SD 1.9)	