



CALF STRAIN

ADVICE SHEET



WHAT IS CALF STRAIN?

Your calf is made up of two muscles on the back of your leg: gastrocnemius and soleus. A calf strain is caused by tearing of either of these muscles which may arise from over training, sprinting, or speed exercises. The power producing muscles surrounding lower leg become overworked which then lead to overloading the muscle which can lead to pain.

SIGNS AND SYMPTOMS

- Sudden and sharp pain at the back of the leg during running or lunging
- Descriptions of hearing a "pop" or being "hit by a sniper"
- Pain with taking weight through leg, noticeable limp early stages of recovery.

HOW PHYSIO CAN HELP YOU?

A muscle strain not rehabilitated effectively can lead to repeat calf injuries, frustration and delays in not being to return to sport. Your Physio will efficiently guide you back to full health with the use of soft tissue massage, rehab exercises and plan with you when and how you can return to your sport or activities safely.



- ✓ Ice for 15mins every 2-3hrs.
- ✓ Apply voltaren gel to injured area.
- ✓ Gentle pain free ankle movements throughout the day
- ✗ Stretch calf for first week after injury.
- ✗ Return to sport for at-least 3 weeks

Do's

Don'ts

Consult your physio for a personalised program to fit you

