

PHYSIOTHERAPY SERVICE INITIAL SELF-HELP FOR AN ACUTE CALF STRAIN

For the first 48 hours, or more, we recommend:

PRICE

Protection: This helps to prevent the injured tissue from undue stress which may disrupt the healing process. You may be given a heel raise by your physiotherapist to place inside your shoe. This reduces the strain on the muscle as it heals.

Rest: A walking aid may be used to assist this.

Ice: Ice or a packet of frozen peas, wrapped in a damp towel, should be applied for no longer than 20 minutes. Repeat every 2-4 hours.

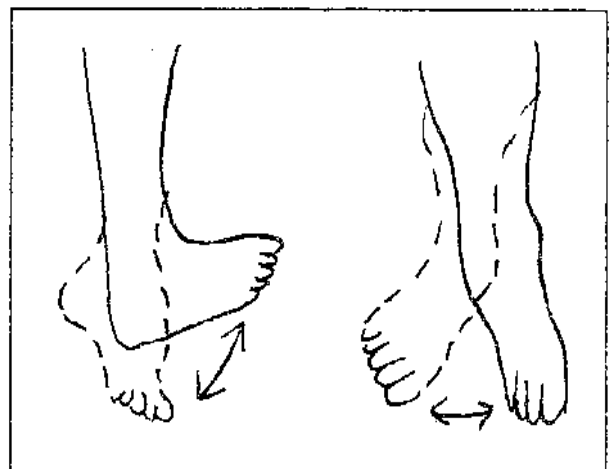
Compression: A Tubigrip should be worn when active. This helps to limit the amount of swelling. It should be removed at night in bed or when the leg is elevated.

Elevation: The ankle should be above the height of one's hip as much as possible.

The following exercises aim to regain the length and strength of the injured muscle. These exercises should be progressed with instruction from your physiotherapist as your injury heals. Pain is your guideline to progression/regression of any exercise.

1. Ankle Movements:

- (a) Move the foot up and down from the ankle, within a painfree range.
Repeat times forsets.
Repeat every 2-4 hours.
- (b) Move the foot in and out from the ankle, within a painfree range.
Repeat times for sets.
Repeat every 2-4 hours.

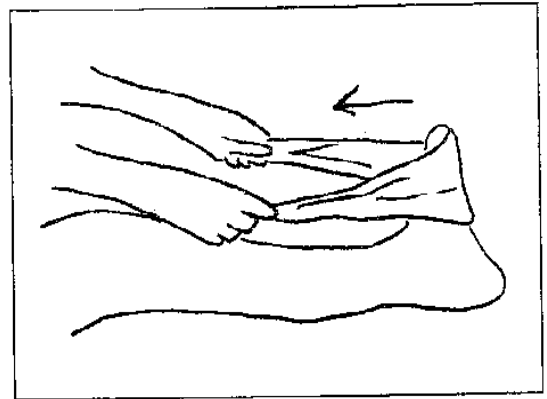


2. Calf Stretch:

- (a) Sitting with leg straight, use a towel as a stirrup to pull your foot up to stretch the calf. Stretch should be painfree.

Hold for secs. Repeat times.

- (b) Place a rolled up towel under the knee. Repeat exercise 2(a).

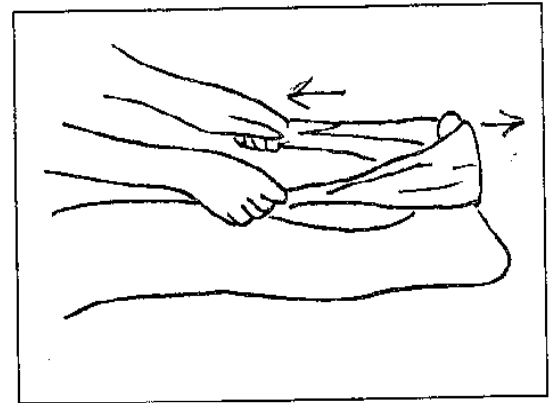


3. Calf Strengthening:

- Position as for exercise 2, with theraband/towel as stirrup. Pull the foot up and, at the same time, push the ball of the foot into the towel/theraband, against the resistance.

Hold for secs. Repeat times.

When able to weight-bear comfortably:

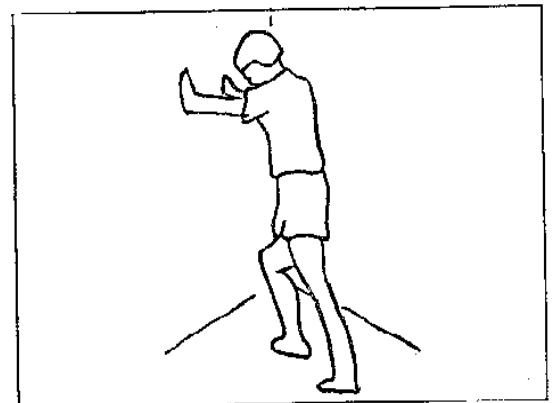


4. Calf Stretch at Wall:

- Stand with your arms on a wall. Place the affected leg behind you with knee straight. Gently bend the knee in front, keeping the back heel on the ground, until you feel a stretch in your calf.

Hold for secs. Repeat times.

Repeat the above exercise with your back leg slightly bent at the knee.



5. Strength:

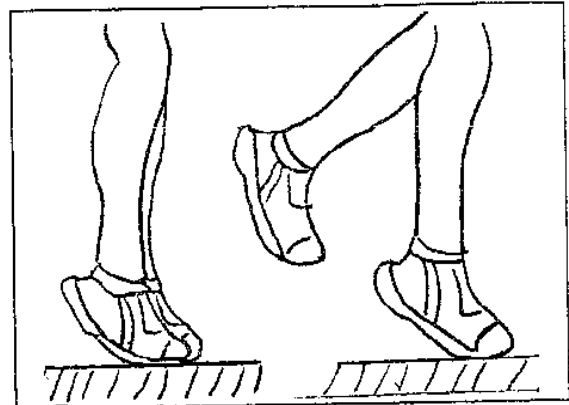


(a)

i) Rise up onto tip-toes on both feet
..... times.

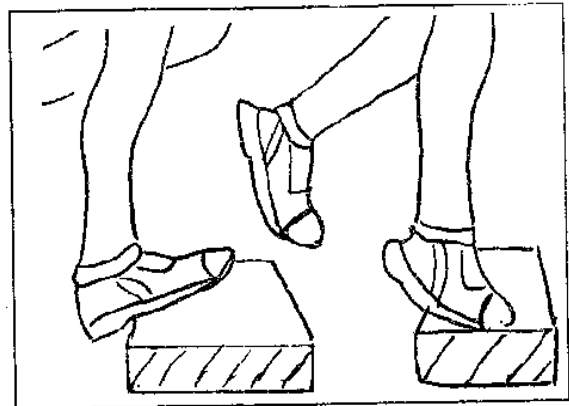
Once this becomes easy, progress
by:

ii) Rising up onto tip-toes on
affected leg only times,
holding on.



(b) Stand with both feet on the
edge of a step. Rise up onto tip-
toes. Slowly lower your heels
down, then go back on your tip-
toes. Repeat times for
..... sets.

Progress this exercise by standing
on the edge of the step with one
foot and repeating the above.
Repeat times for
sets.



Additional information / Advice