



### WHAT IS A CALF MUSCLE INJURY?

A calf muscle injury is usually a strain or tear to the main bulk of calf muscle.

### HOW LONG WILL IT TAKE TO RECOVER?

The pain, tenderness and swelling in your calf should gradually decrease over a period of several weeks.

#### OPTIMAL RECOVERY PLAN

TIME SINCE INJURY

**0-72**  
HOURS

- Rest and elevate your foot throughout the day.
- Apply ice to the injured area for 10-15 minutes, every 3-4 hours. Allow skin temperature to return to normal before reapplication of ice. Protect your skin by wrapping an ice pack or frozen peas in a damp towel to ensure the ice is never in direct contact with your skin.
- Follow pain relief advice given by the Doctor you saw in the hospital, or consult your Pharmacist or Family Physician.

**0-2**  
WEEKS

- You are allowed to walk on your injured leg, as tolerated.
- Slowly wean yourself from using crutches, as able.
- Start the exercises listed on the next page.

**2-6**  
WEEKS

- Gradually start to resume your normal activities.
- Continue with the exercises listed on the next page.

**6-12**  
WEEKS

- By now you should be returning back to your normal activities. You might still feel some discomfort with higher level activities, such as running.
- If you experience a significant increase in pain and/or swelling then reduce your activity levels and gradually increase the level of activity over a longer period of time.

# HOME EXERCISE PROGRAM



Lakeridge  
Health

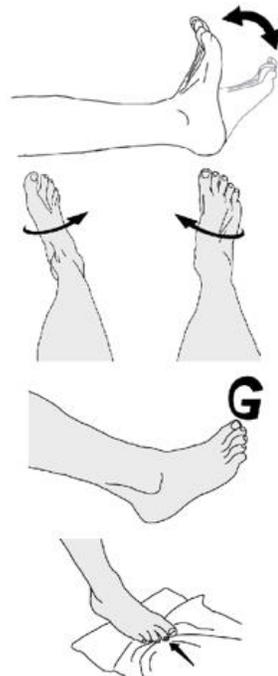
Early movement of your ankle and foot is important to promote circulation and reduce the risk of developing a blood clot. A list of exercises is provided below. You should do these daily to help with healing and so that your ankle and foot do not become stiff.

**Note:** The number of times you need to perform each exercise is included as a guide only. If you experience a significant amount of pain doing a certain exercise, you should reduce the number of times you do that exercise and gradually increase the amount during your recovery.

## ANKLE RANGE OF MOTION EXERCISES

Repeat each exercise 10 times, 3 times a day.

1. Point your foot up and down within a comfortable range of motion.
2. Turn your foot inwards so that your toes are pointing towards the other foot, then outwards so that your toes are pointing away from your other foot.
3. In the air, draw out the uppercase alphabet with your foot, ensuring that you are moving your ankle around in all directions.
4. Sit in a chair. Place a face towel on the ground. Scrunch the towel up with your toes. This will take some practice.



## WEIGHT BEARING EXERCISES

Repeat these exercises 3 times a day.

1. Hold onto a chair or table for support while standing on your injured leg for up to 30 seconds. When able, stand on the injured leg without holding onto the support.
2. Rise up and down on your toes. Repeat this 8 to 12 times, or as much as pain allows.
3. Gently stretch your calf, as shown in the picture. The stretch should not be painful, rather you should feel a slight discomfort. Hold for 15-30 seconds.



For further advice and recommendations on exercises, please consult a Physiotherapist in your community. If you need a referral for Physiotherapy, please ask your Family Physician.

### Return to Sport

You should be able to squat, jump and run without pain before you return to sport. It is recommended that you see a Physiotherapist in your community prior to returning to any sport.

### Return to Driving

You should be able to perform a full emergency stop confidently and without pain before you consider returning to driving.