Calf Strain



What is it?

Sudden, excessive overload, contraction or stretching of one or more muscles in the calf

What causes it?

Misplacement of foot during push off or landing. Forceful eccentric contraction.

Symptoms

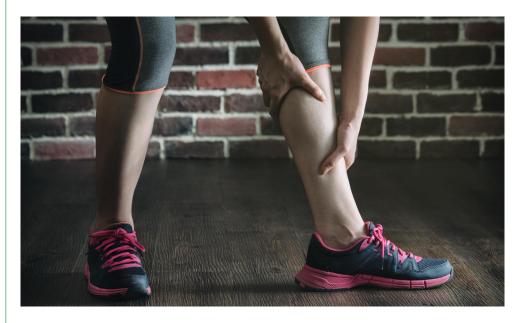
Pain, swelling, tenderness

Top Tips

Rest and apply ice asap. Seek advice on an exercise programme.

How to Treat it

RICER. Anti-inflammatories and painkillers. Gentle physical therapy, like massage using heat



Rehab

Stretching and strengthening exercises. Thorough warm ups and cool downs.

Definitions

Strain – excessive stress or overload to muscle or tendon.

Eccentric Contraction - where a muscle lengthens under load

RICER - rest, ice, compress, elevate, refer

Associated Conditions

- Achilles Tendon Strain,
- Achilles Tendinitis,
- Medial Tibial Pain Syndrome/Shin Splints,
- Anterior Compartment Syndrome

Get Help Now

Products

Purchase sports injury products from Physique

 ice packs or gels, heat packs or creams, resistance bands, foam roller

Services

Online Physical Therapy, Massage and Yoga from Body Mechanics

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References: The Anatomy of Sports Injuries by Brad Walker, Anatomy & Physiology by Louise Tucker and Google.com



