

## 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](#)

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### Services

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