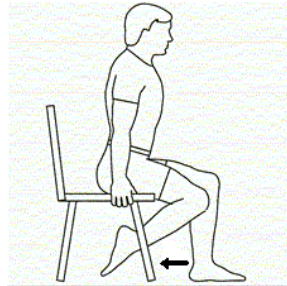
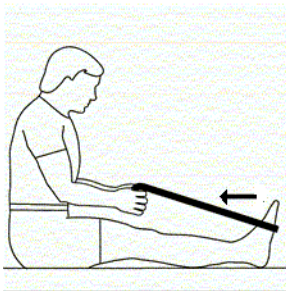


CALF INJURY ADVICE SHEET

FOR THE FIRST 2 DAYS:

- Put as much weight through your sore leg as is comfortable (use crutches initially if you needed)
- R.I.C.E. (factors that decrease swelling)
 - Rest (!)
 - Ice (20 minutes every 1-2 hours)
 - Compression (bandage)
 - Elevation (keep foot above level of the hip)
- Avoid H.A.R.M. (factors that increase swelling)
 - Heat
 - Alcohol
 - Re-injury
 - Massage
- Stretches – 3 lots of 20 second holds (with only minimal pain), 3 times a day:



HEEL WEDGES

- Initially, you should wear two heel wedges in the shoe on your sore side. You may need to use crutches as well to minimise pain when walking.
- As pain settles, put one wedge in each shoe. Once you have no pain on walking in bare feet, then you no longer need the wedges.

Disclaimer: This health information is for general education purposes only and is intended to be a reminder of education provided by your health professional after a thorough examination.



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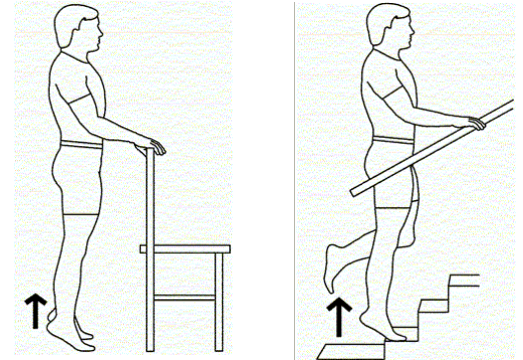
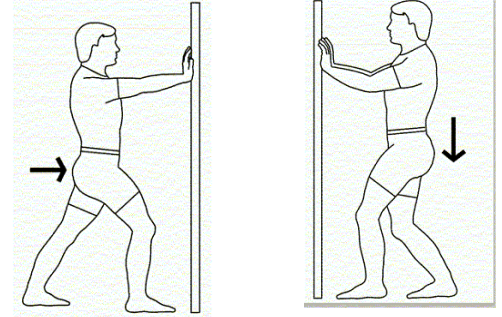
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CALF INJURY ADVICE SHEET

PROGRESS AS ABLE

- **STRETCHES**
 - Once able to walk on without crutches, begin these stretches (do 3 lots of 20 second hold for each, twice a day):
- **STRENGTH**
 - Up and down on toes for 3 lots of as many as possible.
 - Progress as pain allows from two feet on flat ground to one foot on flat ground. Once able, perform with heel over the edge of a step.



SLOW TO PROGRESS

- It may take 2-8 weeks to recover fully from a calf tear, depending on the severity. As long as it is improving slowly, there is nothing to worry about.
- See a physiotherapist if you need further advice on exercises and rehabilitation after approximately one week.
- If you develop severe pain and swelling AFTER the first few days (when it should be starting to improve), or problems with your circulation such as cold or blue toes, numbness in the feet or weakness, you should be reviewed by your doctor as you may need further testing to exclude other significant problems such as a clot in the veins.

RETURN TO SPORT

- There is no set time frame for return to sport, but prior to playing, you need to have achieved the following:
 - Full range of movement
 - Good strength – be able to hop and jump and run on your own without pain
 - Progress through some individual skills drills – initially at moderate pace, but progressing speed as able
 - Get through at least 1 full training session without significant pain or swelling

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