

Torn calf muscle (tennis leg)

Torn calf muscle



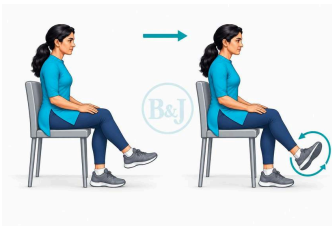
Count the weeks from the day of your injury. The date is on your prescription.

If your doctor wrote a different plan on your prescription, follow that instead of this page.

Weeks 0–2

For the first 2–3 days: rest, a cold pack wrapped in a cloth for 15 minutes 3–4 times a day, a crepe bandage, and the leg raised with the ankle above the level of the hip. Wear the heel raise in your shoe. Then walk short distances as the pain allows, and keep the ankle moving gently within comfort.

Weight bearing As comfortable, with crutches if you need them, and the heel raise in your shoe.



Ankle circles

Move the ankle slowly in circles both ways.

10 each way

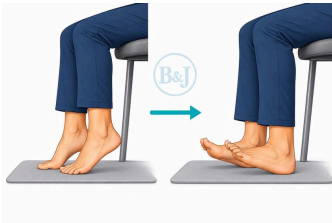
3 times a day

✓ **Should feel**

The ankle loosening

✗ **Should not feel**

Sharp pain



Sitting heel and toe raises

Sit with both feet flat on the floor. Lift the heels, lower them, then lift the toes.

10 times

3 times a day

✓ **Should feel**

The calf and the front of the shin working

✗ **Should not feel**

Sharp pain



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sheet 97

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Towel toe curls

Scrunch a towel with the toes.

10 times

Daily

✓ **Should feel**

The foot muscles working

✗ **Should not feel**

Cramp

Not yet Stretching the calf, oil massage or rubbing the calf hard, hot fomentation, running, or standing on tiptoe on this leg alone.

Move to the next stage only after we have seen you, and the X-ray if one was planned.



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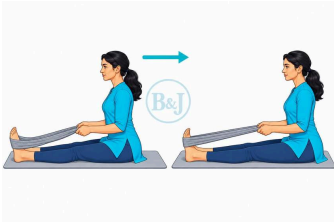
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Weeks 2–6

Start gentle calf stretching: a mild pull, never pain. Build calf strength step by step and walk normally. Leave out the heel raise once walking is comfortable without it. Carry on with the earlier exercises.

Weight bearing Full, as comfortable.



Towel calf stretch, sitting

Sit with the leg straight. Loop a towel round the ball of the foot and pull the toes towards you.

Hold 20 seconds

3 times

3 times a day

✓ Should feel

A stretch in the calf

✗ Should not feel

Sharp pain



Calf raises

Rise onto both toes and lower under control.

10 times

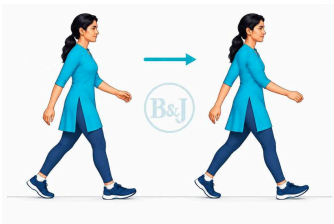
Daily

✓ Should feel

The calf working

✗ Should not feel

Sharp pain



Walking

Walk daily. Build the distance slowly.

20–30 minutes

Most days

✓ Should feel

Easier walking over weeks

✗ Should not feel

Swelling next day — do less

Not yet Running, jumping, or stretching into pain. Oil massage or rubbing the calf hard.

Move to the next stage only after we have seen you, and the X-ray if one was planned.



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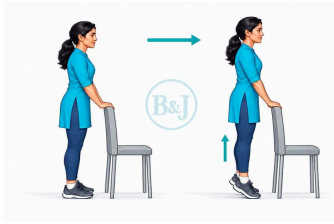
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Week 6 onwards

Build full calf strength: calf raises on both feet, then on the injured leg alone. Then brisk walking, jogging and sport, step by step, if we agree. Carry on with the stretches.

Weight bearing Full.



Calf raises

Rise on both toes, progress to one.

15 times

Daily

✓ **Should feel**
The calf working

✗ **Should not feel**
Ankle pain



Calf stretch, knee straight

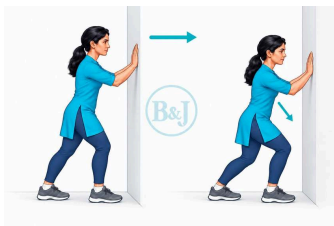
Hands on a wall, back leg straight, heel down.

Hold 30 seconds

3 times

✓ **Should feel**
A stretch in the upper calf

✗ **Should not feel**
Pain in the heel



Calf stretch, knee bent

The same position but bend the back knee slightly.

Hold 30 seconds

3 times

✓ **Should feel**
A stretch lower down

✗ **Should not feel**
Sharp pain



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Single-leg balance

Stand on one leg beside a worktop.

30 seconds

3 times a day

✓ Should feel

Working to stay steady

✗ Should not feel

Losing balance — hold on

Not yet Jumping or sudden-start sport, such as cricket, football or badminton, until we clear you.

Stop and telephone us if

- The calf swelling keeps increasing — come back at once, do not wait until the next day
- Sudden breathlessness or chest pain — go to the nearest hospital
- The calf becomes very tight and hard, with pain that keeps getting worse despite the painkillers — go to the nearest hospital
- You cannot push up onto your toes at all, or you feel a gap at the back of the heel
- You cannot put weight on the leg at all
- Redness, heat or fever



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