



## **Calf Strain**



This is a condition caused by a tear of the muscle fibres of the muscles at the back of the lower leg and can range from mild to very severe. Calf injuries usually occur as a result of a sudden pushing off movement or from excessive over-stretching of the calf muscles as demonstrated in jumping activities or during quick changes of direction.

Treatment can include rest, ice, and compression in the acute stages followed by a full rehabilitation programme of strength and stretching exercises. Often Podiatrists will analyze a person's gait and footwear to ascertain if control is adequate to also prevent further injury.

**Call 9388 9999**