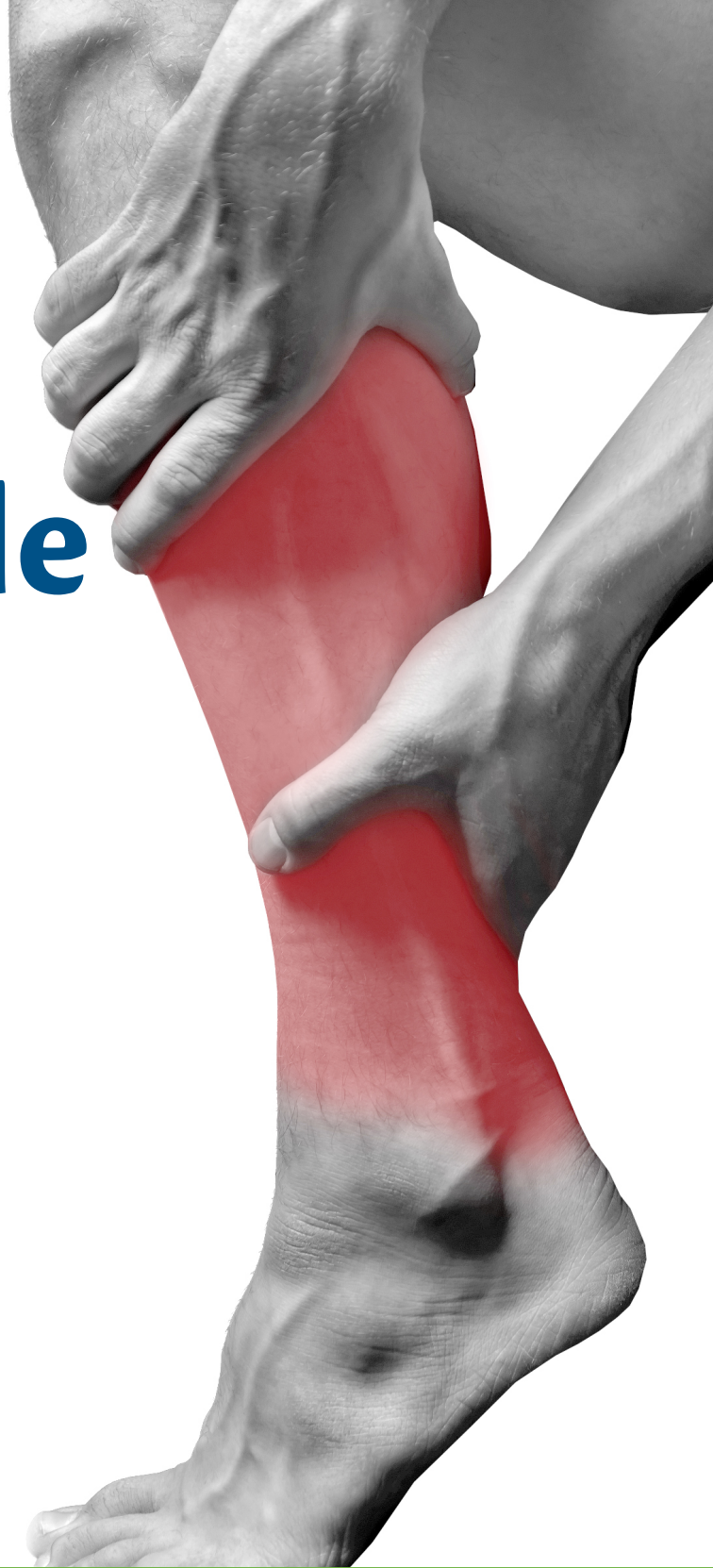
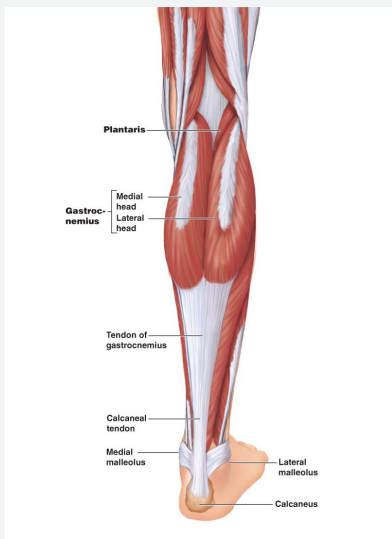


Achilles Tendon & Calf Muscle Strains

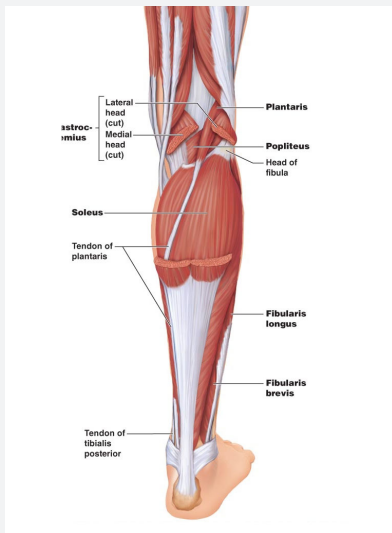


The conditions

- Calf Muscle Strains
- Achilles Tendon (TA) Tendinopathy and Rupture



Muscles in the back of the calf.



The gastrocnemius has been removed to show the soleus immediately deep to it.

Most calf strains result from imbalances between strength and length.

About the conditions

The calf is the most powerful muscle group in the body, and is made up of two muscles – Gastrocnemius and Soleus. Together they form the Triceps Surae and act to propel the body upwards in standing such as rising up onto your toes.

Calf strains occur as a result of muscle weakness or tightness. If the arch of the foot is flattened or too high, then it could cause TA or calf muscle strain as the foot arches fail to act as shock absorbers.

Achilles tendon tendinopathy is irritation and inflammation of the tendon due to overuse. TA rupture happens when the Achilles tendon separates. It can occur due to trauma or sudden forceful ankle movements particularly if not properly warmed up before activity.

Usual symptoms include

- Pain and tenderness in the calf and/or heel region.
- Swelling around the TA.
- Inability to point toes or raise your heel without pain or weakness.
- Walking, stairs and running is difficult.
- Squatting with heels on the floor is difficult.

What we can do to help

- We use massage and muscle stretches to relax and lengthen the tight structures.
- We use modalities such as ice, acupuncture, and education to relieve pain, swelling and promote healing of damaged tissue.
- We progressively strengthen the weakened muscle by teaching you specific exercises.
- We use tape or orthotics to support the heel and/or to control the foot with support to the medial arch.
- We advise you on appropriate footwear to wear.
- We progressively return you to daily and sporting activity.

Your local Active+ clinic:

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