



## Emergency Department Advice Sheet – Calf Injury

# Calf injury

## Pain

Calf injuries are very painful. They are characterized by a sudden pain, popping or tearing sensation behind the lower leg. It is most commonly caused during sporting activity.

Your calf will be swollen, bruised, hot and painful particularly when putting your heel to the ground and walking.

## Advice

- During the first 24 hours following your injury rest as much as possible with your leg raised to prevent further swelling.
- Apply ice to the affected area (reduces the swelling and bleeding) for only 20 minutes at a time. Longer than this could result in tissue damage to the skin by frost bite or lack of blood flow. This process can be repeated several times per day. Wrap ice or frozen peas in a towel and apply to the affected area.
- It is also advisable to take regular painkillers during this period. If you are already taking medicines from your doctor please consult a pharmacist prior to taking any over the counter medicines.

## After 24 hours

It is important to exercise the injured muscle to prevent stiffness and weakness. This will be uncomfortable at first and you will benefit from taking painkillers.

Do the exercises slowly and regularly. You will find that you experience an increase in pain when taking the first few steps after resting or first thing in the morning.

If you find this exercise too painful with your knee straight, try with your knee bent initially. Once you can do this, draw the alphabet with your foot which will take your ankle (operated by the calf muscles) through their full range of movement.

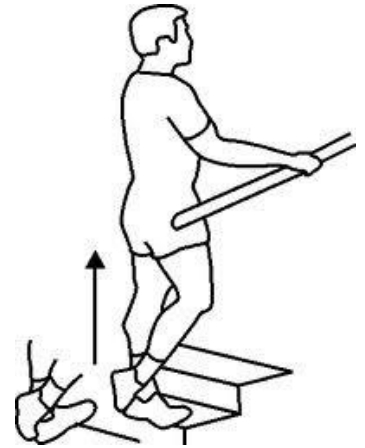


When you can stand on your leg more comfortably start doing stretching exercises to prevent shortening and stiffening of the muscle.

Strengthening exercises can also be started to build up the injured muscle again. This one can be started with both legs and moving to just the injured leg as the muscle strengthens.



Hold onto a firm support when doing this one.  
Continue until calf muscles feel tired and repeat 3-4 times a day.



## Walking

Short walks are good for your healing muscle but avoid standing for long periods. You may find it more comfortable to wear a shoe with the higher heel to avoid stretching the calf fully.

## Recovery

- This leaflet gives general advice only; it may take 6-8 weeks for your calf to return to normal.
- If you are unable to move your ankle freely and without pain you should not drive.
- Before returning to sport, ensure that your calf is pain-free, strong and supple. Remember to warm up gently prior to sporting activities to prevent further injury.
- If you have been given crutches or a stick please return them to the Emergency Department as soon as possible.

If you develop new symptoms or are concerned see your GP or return to the Emergency Department.

## Tell us your views

If you wish to discuss any aspect of your treatment and care, please speak to a senior member of staff or to the nurse looking after you. The matrons are also available during normal working hours and they welcome your views.

## Friends and Family Test

Whatever your experience you can give feedback by answering the Friends & Family test question – How likely are you to recommend our A&E Department to family and friends if they needed similar care or treatment?

This can be completed online at <http://surveys.this.nhs.uk> using tag name **chftae** or by completing the form available within the department.

**If you have any comments about this leaflet or the service you have received you can contact :**

Manager

Emergency Department

Huddersfield Royal Infirmary

Telephone No: 01484 342396

[www.cht.nhs.uk](http://www.cht.nhs.uk)

or

Calderdale Royal Hospital

Telephone No: Halifax: 01422 222325

[www.cht.nhs.uk](http://www.cht.nhs.uk)

**If you would like this information in another format or language contact the above.**

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Amennyiben ezt az információt más formátumban vagy nyelven szeretné megkapni, vegye fel a kapcsolatot fenti részlegünkkel.

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਰ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

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