

Home Exercise Program for Medial Gastrocnemius Tear

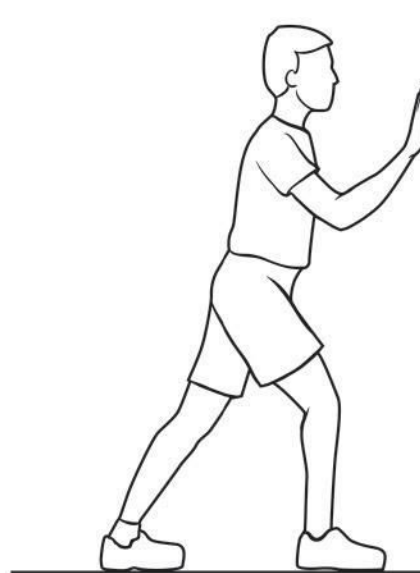
- Perform the exercises in the order listed.
- Apply moist or dry heat to the affected area before and during the heel cord stretch.
- Progress gently to the calf raises.
- To prevent further inflammation, apply a bag of crushed ice or frozen peas to the affected area for 20 minutes or until numb after performing the calf raises.
- If the exercises increase the pain or if the pain does not improve after you have performed the exercises for 3 to 4 weeks, call your doctor.
- The following exercise program is introductory only, and progression of this program will vary based on your specific injury, symptoms, and baseline level of fitness. For further progression of this routine, your physician may recommend evaluation and treatment by a physical therapist or other exercise professional.

Home Exercises for Medial Gastrocnemius Tear

Exercise Type	Muscle Group	Number of Repetitions/Sets	Number of Days per Week	Number of Weeks
Heel cord stretch	Gastrocnemius/soleus	4 repetitions/2 to 3 sets	Daily	3 to 4
Calf raise	Gastrocnemius/soleus	10 repetitions/3 sets	3 to 4	3 to 4

Heel Cord Stretch

- Stand facing the wall with the affected leg straight and the knee of the unaffected leg bent, as shown.
- The foot of the affected leg should be turned in slightly, and the heel should not come off the ground.
- Hold the stretch for 30 seconds with the knee straight and then relax for 30 seconds.
- Perform 4 repetitions, 2 to 3 times per day, continuing for 3 to 4 weeks.



Gastrocnemius Tear

Calf Raise

- Stand on a flat surface with your weight evenly distributed on both feet.
- Hold on to the back of a chair or the wall for balance and lift the foot on the unaffected side.
- Keeping the knee of the affected leg straight, raise the heel off the floor as high as you can, using your body weight as resistance. (If this causes pain or discomfort, perform the exercise keeping the toes of both feet on the floor at first.)
- Work up to 3 sets of 10 repetitions, 3 to 4 days per week, continuing for 3 to 4 weeks.

