



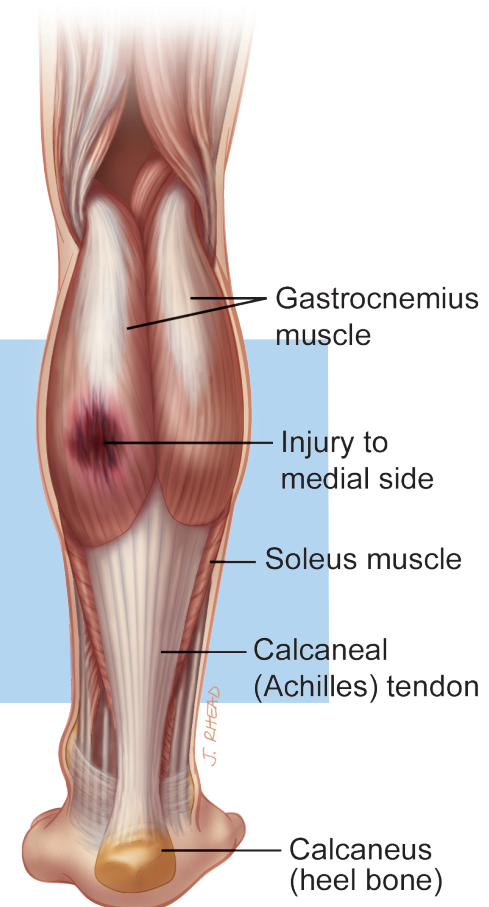
**PLAYING MY BEST**  
**SPORTS**  
 DISCOVER YOUR ELITE ATHLETE

## GASTROC STRAIN

Injuries to the lower leg and calf muscles are common especially in middle-aged athletes. The calf muscles consist of the gastrocnemius, which is the big, bulky muscle on the back of the calf and the soleus muscle, which is a smaller flat muscle under the gastrocnemius. Either of these two muscles can be injured.

### FACTORS THAT CONTRIBUTE TO INJURY

The sports most commonly involved with a gastroc injury include tennis, skiing, running, soccer and basketball. It is more common to strain the medial (inside) portion of the muscle. Injuries usually occur to these muscles when the foot is flexed upward forcefully while the knee is fully extended (straight) as when stretching to gain control of the ball during a soccer game.



### SIGNS AND SYMPTOMS

- Sudden, sharp pain in the calf as if you were kicked
- Popping or tearing sensation
- Swelling and bruising in the calf region
- Difficulty with push-off or going up on toes
- Increased pain and tightness as toes are brought toward shin



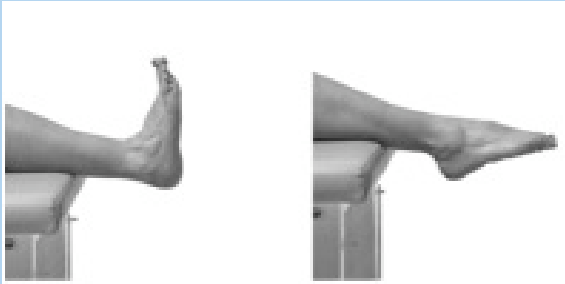
Official Sports Medicine and Performance Enhancement Provider to Utah Youth Soccer and Rocky Mountain School of Baseball

**FOR A FREE INJURY ASSESSMENT APPOINTMENT CALL 801-314-2300**

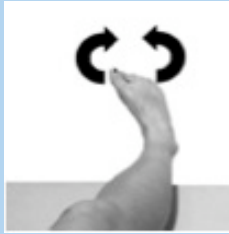
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## TREATMENT

- See RICE protocol
- ¼" heel lift placed in both shoes under insole to decrease stretch or tension on the muscle
- May bear weight as tolerated
- Gentle stretching and range of motion exercises of the ankle



Dorsi Flexion/ Plantar Flexion



Circles



Alphabet

Gastroc Stretching



Soleus Stretching

