

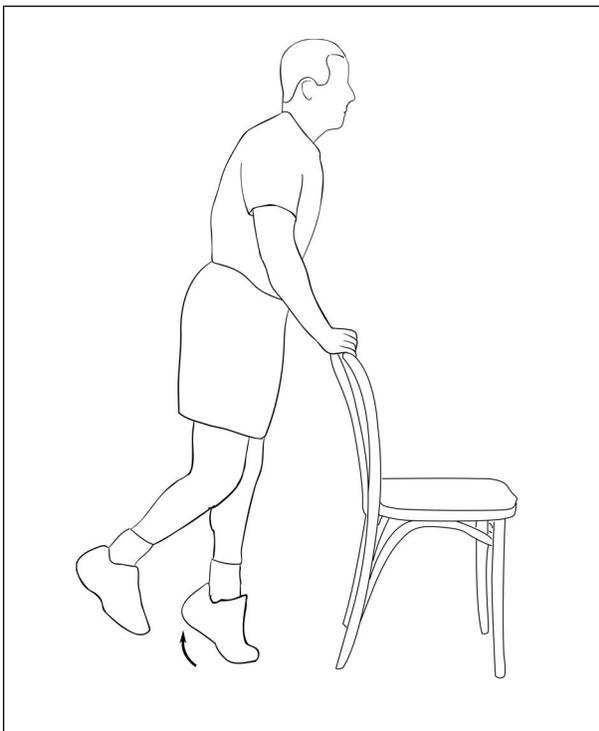
Exercise Program for: _____

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HOME EXERCISE PROGRAM FOR MEDIAL GASTROCNEMIUS TEAR

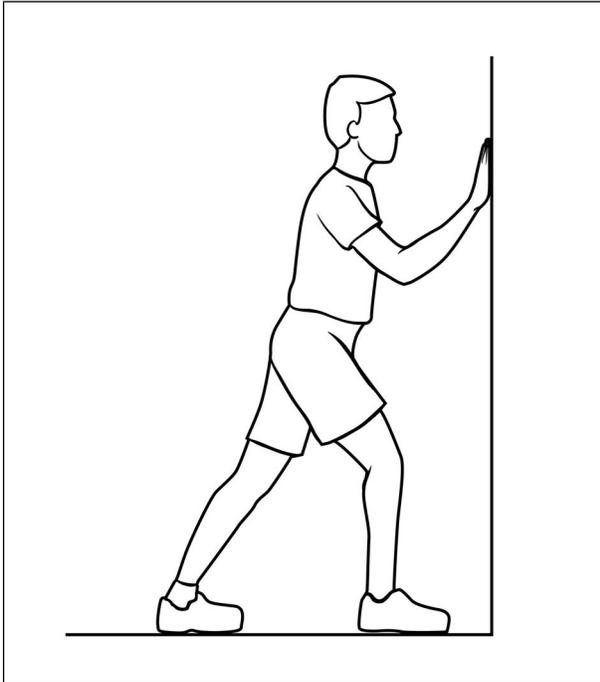
Perform the exercises in the order listed. After performing the calf raises, apply a bag of crushed ice or frozen peas to the injured area for 20 minutes to prevent further inflammation. Apply moist or dry heat to the injured area before and during the heel cord stretch. If the exercises increase the pain or if the pain does not improve after you have performed the exercises for 3 to 4 weeks, call your doctor.

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



CALF RAISES

Stand on a flat surface with your weight evenly distributed on both feet. Hold onto the back of a chair or the wall for balance and lift the foot on the uninjured side. Keeping the knee of the injured leg straight, raise the heel off the floor as high as you can, using your body weight as resistance. Work up to 3 sets of 10 repetitions, 3 to 4 days a week, continuing for 3 to 4 weeks.



HEEL CORD STRETCH

Stand facing the wall with the affected leg straight and the knee of the unaffected leg bent, as shown. The toe of the affected leg should be pointed in, 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 2 to 3 sets of 4 repetitions daily, continuing for 3 to 4 weeks.