

Calf Injury and Management

What are the symptoms of a pulled calf muscle?

A pulled calf muscle can cause:

- Difficulty tensing your calf muscles or standing on toes.
- [Muscle pain](#) when flexing your ankle or pointing your toes.
- Problems bending your knee.
- Snapping or popping sensation in your calf.
- Sudden pain in the back of your lower leg.
- Swelling in your calf muscle.
- Bruising on your calf muscle.

Most people with a pulled calf muscle report not being able to continue with their activity immediately following the injury.

How are pulled calf muscles treated?

Immediate treatment for pulled calf muscles usually includes RICE, which stands for:

- **Rest:** Stop running or physical activity to avoid further damaging the calf.
- **Ice:** Apply an ice pack or cold compress for 20 minutes every two hours. Don't apply ice directly to your skin.
- **Compression:** Reduce swelling and fluid build-up by applying a compression bandage or wrap to the injured area.
- **Elevation:** Lift your leg into an elevated position, preferably above the level of your heart. Support the entire length of your leg with pillows, blankets or cushions.

You can perform RICE at home, but it's always good to check in with your healthcare provider about any special instructions.

Avoid:

- Applying heat to the injured area.
- Drinking alcohol.
- Massaging the calf.
- Walking or performing physical activity.