**Calf Stretches and Exercises**

Below are stretches and Massages you can do to help calf pain. Use a lacrosse ball or a foam roller (or both) when doing these. Prioritize the “Smashing” and rolling techniques first. Do each for approx. 5mins.



Foam Roller works best here

Use your shin of the other leg to apply pressure to the sore calf

Move your foot around while pressure is applied

Lower your body weight down to apply even more pressure

Similar to above but with a harder roller (or thick PVC Pipe)

Start with your Achilles resting on bar and moving your foot in all directions

End with moving the bar up and down calf

Basic foam roller. Use the other leg to help apply more pressure.

Flex your foot back and forth while you roll.

**These are additional stretches and exercises you can do. Confused with any? Ask a coach or google them.**

1) Calf Raises on a step, stepping up then **slowly** bringing the heel down, below the step.

 3 x 15 both legs at same time

 2 x 15 one leg at a time

2) Duck Walks and Toe Walks – 3 x 50m of each

3) Foam Roll calf 3 x 1min (First Picture on other side)

4) “Muscle Flossing” – Apply direct pressure to the sore / tender area and flex your foot back and forth. This should feel uncomfortable / painful. Using lotion helps. Flex 10 times for 20 seconds each time. (every other day)

5) 12 min Ice cup massage (Freeze Dixie cups and tear away some of the cup to use as a ice massage.) If you don’t have an ice cup then just ice normally.

**Things to keep in mind…**

How old are your shoes? If they are older than 6 months you should consider new shoes

Heel supports (cushions in your shoe that raise your heel and/or orthotics may help alleviate some of the pain.

Achilles / Calf injuries take time to heel, be patient with it.