

Calf Muscle Strain Rehabilitation

- Part 2



Shane Kelly

Shane Kelly is a titled Sports Physiotherapist and current Clinical Director of the Royal Ballet in London. This is a position he has held for the past four years, leading what is often considered the world's best ballet company. Prior to this, Shane spent over 10 years at British Athletics working predominantly with track based athletes.

Quick Takeaways

- Broad jumps, box jumps and depth jumps are examples of slow SSC exercises that can be measured using a CMJ.
- Majority of re-injuries occur within the first two months of return - must remain vigilant.
- Jump variations on a pilates reformer are a suitable introduction to plyometrics.
- Incorporate off-line & sideways loading through walk, run and plyometric exercises as much as possible throughout the rehabilitation.
- Aim to commence the dosage of plyometric exercises at 2 x 10m each.
- Plyometric exercises are ideally re-integrated on the surface the athlete plays on.



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Key Learnings

1 Rehabilitation should involve the force coupled muscles of the calf, such as the tibialis anterior, flexor hallucis longus and extensor digitorum longus.

2 A 10:5 test is an appropriate way to measure energy recycling capabilities and any adaptation from exercises such as pogos, skipping, bounding and stair running.

3 Aim for 80-100" total time under load within the first session with isometric loading