

Gastrocnemius Tear

Non-operative treatment

Phase 1-Control swelling

- Elevation
- Ice compression
- NSAID's
- Crutches (2-3 days)

Phase 2-Mobilization

- Early, gentle range of motions
- Active assisted/passive stretching (3 times per day)
- Heel lift

Phase 3-Strengthening (2 weeks post injury)

- Dorsiflexion
- Plantar flexion
- Inversion/eversion

Phase 4-functional activities (3-6 weeks)

- Gradual resumption of activities
- Achilles tendon taping may be used early
- Full return if
 - Full range of motions
 - No pain or tenderness
 - Strength deficits less than 10%