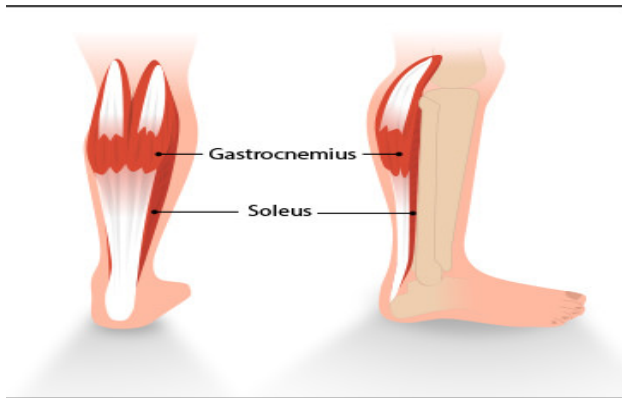


Gastrocnemius or Calf Muscle Bleed

Location: Back of the lower leg

Starts above knee and attaches at back of the heel below your ankle joint.



Pixabay.com

Actions

Point foot down

Lifts you up on your toes

Keeps knee straight
Prevents falling forward



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Activity Limitations/Recommendations

Limit straightening the knee

Avoid pulling your foot or toes upward

Don't stand or walk on the leg

Don't use the leg to stand up or sit down

Use crutches or wheelchair to get around: Non-Weight Bearing

Signs of Nerve and Circulation Damage: Seek Medical Attention ASAP

Severe Pain

Severe Swelling

Skin Feels Cool

Numbness

Tingling or Prickling

Leg Feels Asleep

Loss of Strength

Unable to tighten muscle

Leg Feels Weak