



CIBD

Center For Inherited Blood Disorders

CIBD Clinic
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Gastrocnemius or Calf Muscle Bleed

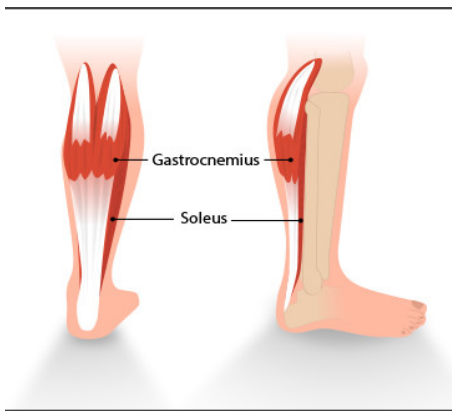
Location: Back of the lower leg
Starts above knee and upper shin bone
Attaches at back of the heel below your ankle joint

Actions:

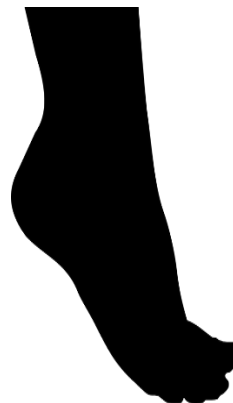
Points foot down

Lifts you up on your toes
Keeps knee straight

Prevents body
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 |