

**Further advice and information:**

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**Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)  
Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

**Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King’s Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net). This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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**INFORMATION FOR PATIENTS**

**Muscle tears**

**Emergency Department**

**King’s Mill Hospital**

Mansfield Road  
Sutton in Ashfield  
Notts NG17 4JL  
Telephone: 01623 622515, extension 2789

**Newark Hospital**

Boundary Road  
Newark  
Notts NG24 4DE  
Telephone: 01636 681681

## Advice following muscle tears

### Ice

This initially limits bleeding into tissues. It also decreases swelling and aids repair.

### Application

Wrap up a bag of frozen peas or ice cubes in a tea towel and:

- If your injury is **less than 24 hours** old, place the tea towel on your injury for five minutes at a time, two to three times a day.
- If your injury is **more than 24 hours old**, put the tea towel on your injury for 15-20 minutes, two to three times a day.

If your muscle tear is in your leg, raise this up when resting, for example on a stool.

Please do not massage the injury or use deep heat treatments for the first 48 hours as this can increase bleeding.

### Stretches

These will reduce the shortening and loss of elasticity that occurs during the healing of the muscles and you should start these after 48 hours. The sensation of stretching should be felt at the site of the injury, but no pain should be felt. Stretches should be sustained, for example stretching for 10 seconds at a time, five times a day. Continue with these until you get back your full range of movement.

## Calf tear

It is often better to wear shoes with a heel initially (or with a wedge of paper placed under the heel inside the shoe) to take the tension off the muscle and enable you to walk with your heel touching the ground. The height of the heel should be gradually reduced as pain allows.

### Returning to sport

Swimming and cycling can be started again as your pain allows, and gentle jogging can be started when fast walking is pain free.

Ensure short, fast sprints and turns can be carried out without pain before returning to sports, such as football or squash.

Remember to warm up and stretch properly before sport to prevent reoccurrence of your injury.

