

Restriction Release:

©Lorraine Lovejoy-Evans, MPT, DPT

Calf

For: Knee or ankle pain

2X/day check both outside and inside of the upper calf. Treat worst points first.

Restriction Indicator (RI)-sore spot:

Pushing on the back of the calf about 1-2 inches below the knee off to the side slightly both on the inside and outside of the calf.

Direction of pressure is toward the front of the leg. Or lower part of Achille's tendon pinching both sides of the tendon just above the heel bone



Movement Combination:

Put sore foot onto opposite knee.
Pull toes down toward heel with one hand.
Twist foot as needed to turn off tender point.

Alternate Movement Combination: Have

someone else pull the ball of the foot down to point the toes of the foot down. Turn or twist the foot until the sore spot turns off.

Find position of the ankle/foot that reduces the RI completely or as close to 0/10 as possible. Stay in this position for 90 seconds without moving. Maintain contact with tender point but stop pressing. Slowly return to neutral and recheck RI.

Check for pain before and after doing this and do this as often as needed to control any pain.