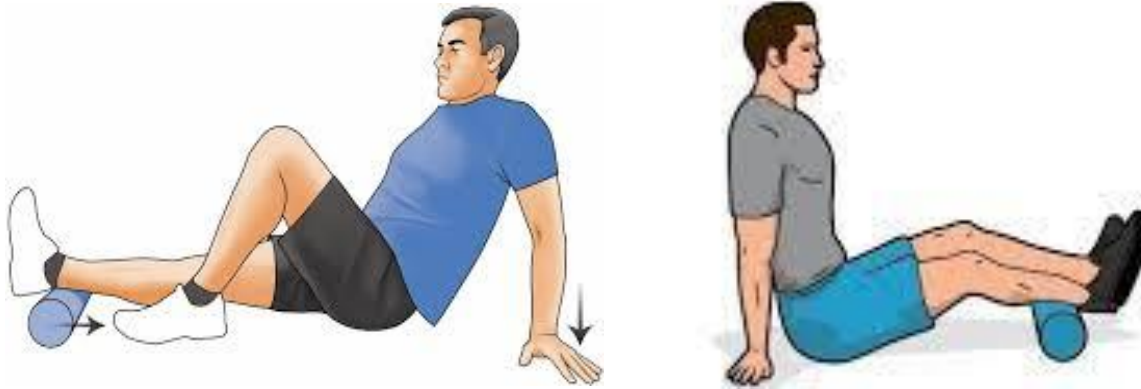


# Podiatry Services

## Patient Information Leaflet

### Calf Muscle Rolling-Massage

(V1 October 2020)



This exercise is a method of self-massage which can help to release tight muscles, and help with pain relief. You can purchase a foam roller for this, or alternatively you can use household items such as a rounded bottle of water filled to the brim, or a tin can.

- Roll your calf over your chosen item. When you find a sore/tender spot, try concentrating on rolling your calf up and down along this area until it eases. This is a painful process so try to apply pressure to your pain tolerance.
- Continue to slowly move up and down the roller, rotating/turning your leg to apply pressure to different areas of your calf muscle in search of other tender spots.
- Spend 5-10 minutes doing this every day
- Repeat the process for your other leg.
- You can progress this exercise by crossing your free leg over the leg you are massaging- this will increase the pressure you apply to your calf muscle.

**If you have any questions about the information in this leaflet, please contact Podiatry Services.**

**Further information about the service and how to manage a range of foot health problems yourself, can also be found on our website:**

[www.livewellsouthwest.co.uk/project/podiatry](http://www.livewellsouthwest.co.uk/project/podiatry)

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