

4th International Conference on
Physical Medicine & Rehabilitation

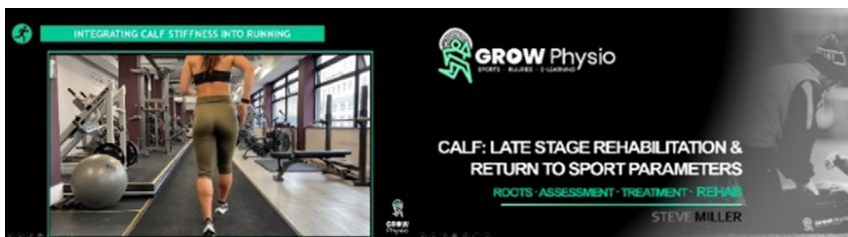
November 07-08, 2022 | Webinar

Received date: 03-05-2022 | Accepted date: 05-05-2022 | Published date: 22.11.2022

Calf rehabilitation: Highlighting the differences in managing gastrocnemius versus soleus muscle injuries in practice

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Calf injuries have a high recurrence rate in practice and from experience this can be due to failure to address the differences in muscle architecture and function. Additionally aponeurotic tears and tendon involvement can complicate the picture so I would like to simplify this. I would like to share with you how the evidence that supports practical findings and highlight the common aspects that are too often overlooked when rehabilitating these calf injuries to help prepare individuals for running, training and their specific sport demands. The focus will be on the loading principles associated with the muscle injury and teaching others to achieve this in a gym/rehabilitation setting so their risk of injury is significantly reduced when they return to function. A selection of athlete videos help enhance this understanding in practice.



Biography

Steve Miller is a Sports Physiotherapist who loves to work with Athletes & Sports Injuries on a daily basis. Steve worked within elite sport at Newcastle Falcons Rugby Club 1st Team managing players in their Premiership Squad 2014-2020. His other experiences include roles with Beach Volleyball during the London Olympics 2012 and Field Hockey at Glasgow Commonwealth Games 2014. He teaches as a guest lecturer at multiple academic institutions and set up a teaching and mentoring programme at GrowPhysio.com.

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