

Brett Maher's Calf Rehab

With Adelaide 36ERS Physio, Mike Woodcock

In early November, 36ERS Captain Brett Maher sustained a 2.5cm tear to his calf. A 5-6 week recovery program was developed for him by Wakefield Sports Clinic's Mike Woodcock. Here is an overview:

Week 1:

First 48 hours:

- RICER no HARM as per Smartplay guidelines
- Gentle range of movement
- Gentle stretching of calf, Achilles

Then:

- Stationary Bike
- Seated calf raises (semi weight-bearing)

Physio:

- Massage, acupuncture, electrotherapy

Week 2:

Add:

- Flipping, wading in pool, deep water running
- Increase walking
- Free throw shooting – up on toes
- Standing calf raises – two feet

Week 3:

Add:

- Stepper, cross trainer
- Standing calf raises – one foot
- Walking up & down steps

Week 4:

Add:

- Start running
- Jump shooting (Sport specific)



Week 5:

Add:

- Sport-specific agility – stop/start, jumping
- Team training
- Fitness test

Core stability and weights done throughout program.

As per team policy, players returning from injury must complete a full week of practice (four sessions) before becoming eligible for game play.

Taping of calf necessary.

Note: All calf injuries present differently. Please consult a qualified practitioner before undertaking a rehab program.

