MIDDLESEX Community College

Tools and Technologies for Tech Writers 2023

Week 11

Sample Bookmap

Elisabeth Chaput

MCC 2023

This document was prepared as an assignment for the Middlesex Community College Tools and Technologies for Technical Writers class, Winter semester 2023.

Prepared by Elisabeth Chaput.

The name is defined by the value of the author key defined in your bookmap. I set them up to be your name.

Contents

Muscle_Tension

Types of muscle tension and common relief practices.

Muscles can become tense from overuse, sudden extreme use, stress, and numerous other reasons. Having a strategy to release the tension can improve one's quality of life.

Calf Tension Release

Causes of calf tension and why it should be addressed.

Calf tension is a common muscle ailment that occurs with overuse and or when proper warmup and stretching techniques are not employed. If not attended to, calf tension can lead to several issues throughout the kinetic chain.

- Achilles tendonitis
- Plantar fasciitis
- Ankle immobility
- Knee pain

Dynamic stretching prior to movement and static stretching after a proper warm up can help keep the calf muscle from becoming tense. But, if the muscle is already tense, there are several actions that can be taken.

1. Reduce the activity that causes the tightness.
2. Use softball to release tension points.

Softballs and Tension Release

Using a softball to help release tension in calves.

Set aside five to ten minutes to perform the tension release. You will only need a softball for these movements.

These movements are meant to release tension in the calf and are more effective if done on a consistent basis as a part of a routine, e.g. shortly after exercise or before bed.

Find an area on the floor where you can stretch your legs out in front of you while sitting.

1. Place the softball under one of your calves.
2. Move your leg back and forth and side to side, until you find a concentrated location of tension.

   If this causes you a great deal of pain, there could be an underlying issue. Contact your doctor or physical therapist for further guidance.
3. While the softball is centered on the point of tension, flex your toes toward you, count to five and release. Repeat three times.
4. When done, repeat steps 2 and 3 until calf feels less tense or until five minutes.

   If the calf is particularly tense, the initial flexes may cause some initial pain that should subside with repetition.
5. Repeat step series with other calf if needed.

After completing theses movements, the tension in the calf should slowly subside. One might find other pains in other muscles, tendons, and joints like the achilles, plantar fascia, knees and ankles will subside as well.

If there is no relief, try raising your hips off the ground by placing your hands to the sides of your hips and lifting slightly so that more of your weight is resting on the softball as you flex your foot.

If you have more pain the day following the movements, there could be an underlying problem. Stop the movements and contact a your docotr or physical therapist for further instruction.

Calf Tension Release References

Several websites and additional information related to calf tension release.

Websites

For advanced techniqe https://youtu.be/3uwq0ZvHTd4

Additional sources and remedies for tight calf tension https://www.medicalnewstoday.com/articles/tight-calves#symptoms

Topic Terms

Term	Description
Kinetic chain	A series of interrelated muscles, tendons and joints activated within the human body by movement.
Calf	Large muscle consisting of three parts that resides mainly on the back portion of the lower leg.
Dynamic stretching	Low impact/stress movement based stretching where muscles are activated and stretched through a series of actions.
Plantar faciitis	The inflammation of the thick band of tissue that connects a heel to the toes.

Term	Description
Achilles tendinitis	Inflammation of the Achilles tendon, the tendon connecting the calf muscles to the heel.
Ankle immobility	A reduced range of motion of the ankle do to lack of movement or reduced movement due to a neglected injury.
Knee pain	Pain in, on , around, or behind the knee cap often related to overuse, muscle tightness, or injury.
Warm up	A slow entrance to activity so as not to strain the muscles, tendons, etc.