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Evaluation of a Diagnostic Approach for Tennis Leg Players: A Literature Review

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ABSTRACT

The typical calf muscle injury, especially in tennis players but often in non-athletes, is known as a "tennis leg." This typically harms the soleus or gastrocnemius muscle. Physiotherapy is proved to be crucial for the medical management and cure of tennis leg, or calf muscle strain, enabling individuals to resume their normal sports or activities. A muscle strain or partial tears are commonly brought on by significant rises in activity or overstretching. The diagnosis of tennis leg needs a thorough and systematic approach that focusses on history, physical examination, differential diagnosis, and imaging that is necessary. Reducing acute pain and inflammation, healing the injured muscle, restoring strength and flexibility, and preventing further harm are the main objectives of physical therapy. The musculotendinous junction or the gastrocnemius muscle is most frequently strained or torn in tennis leg, which can occur during acute motions like running or jumping. Analysing diagnostic methods properly aids in accurate diagnosis, timely intervention, and reducing misdiagnosis. The aim of this review is to discover the most accurate and effective ways to diagnose tennis leg. A literature search was conducted using the PubMed, Scopus, Google Scholar, and Embase databases from December 2015 to December 2024 with the search terms inflammation, acute pain, tennis leg, and diagnostic approach. Boolean operators AND,OR were used. All the free text article, english language articles were included.A total of 50 articles were retrieved from different sites, out of which only 8 articles were found to meet the inclusion criteria. The diagnostic approaches included x-ray, ultrasound, and Magentic Resonance Imaging (MRI). Medical professionals can improve their ability to accurately recognise and treat a tennis leg by evaluating the condition using the mentioned diagnostic methods.This review concludes that concludes that MRI, ultrasound, x-ray and ultrasound are highly accurate diagnostic tools to evaluate tennis leg.

Keywords: Acute pain, Differential diagnosis, Muscle rupture, Physical therapy modalities.