DOI: 10.7860/JCDR/2025/80480.22648

Effects of Instrument Assisted Soft Tissue Mobilisation on Calf Muscle Tightness Among Basketball Players: A Review

ANURAG BORDOLOI,[1] ARCHANA KHANNA[2]*

ABSTRACT

Calf tightness is a common problem among athletes, especially in sports like basketball where players require sprinting, jumping, and change in directions frequently. It often leads to pain, discomfort and decreased performance in physical activities. Instrument- assisted Soft Tissue Mobilisation (IASTM) is a form of manual therapy that uses specialised tools in order to treat soft tissue dysfunction. It has emerged as a useful intervention in alleviating calf tightness. To find out the effectiveness of IASTM on calf muscle tightness. Open access randomised controlled trials related to IASTM on calf muscle tightness among young adults and athletes, published from 2018-24 and in English language were included. Databases like PUBMED, Google Scholar were searched using the following keywords: Instrument Assisted Soft Tissue Mobilization", "Calf Tightness", "Plantar Flexors", "Basketball players", 'Calf Pain.' After searching the databases, 11 free fulltext articles that fulfi lled the objective and inclusion criteria were included in the review. IASTM was found to be effective in decreasing the pain, increasing the range of motion, fl exibility and overall performance of the individual. IASTM has shown positive trends in reducing calf tightness. The intervention not only effectively reduces pain but also contributes to a significant increase in range of motion.

Keywords: Calf pain, Calf tightness, Plantar flexors

PARTICULARS OF CONTRIBUTORS:
1. Postgraduate Student, Department of Physiotherapy, Sharda School of Allied Health Sciences, Sharda University, Greater Noida, India.
2. Associate Professor, Department of Physiotherapy, Sharda School of Allied Health Sciences, Sharda University, Greater Noida, India.

NAME, ADDRESS, E-MAIL ID OF THE CORRESPONDING AUTHOR:
*Archana Khanna
Department of Physiotherapy, Sharda School of Allied Health Sciences, Sharda University, Greater Noida, India.
E-mail: archana.khanna@sharda.ac.in