

Doctors use ultrasound to diagnose possible muscular trauma in professional athletes on-site

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Doctors can use ultrasonography (ultrasound) to evaluate and diagnose muscular trauma in professional athletes on-site, which helps them to determine whether or not a player's injuries are severe enough to take them out of the game, according to a study to be presented at the ARRS 2010 Annual Meeting in San Diego, CA.

"Muscular [trauma](#) is very common in athletes, especially soccer players," said Ashok Kumar Nath, MD, lead author of the study. "Ultrasound is a readily available, [radiation](#) free imaging modality that allows us to diagnose muscle tears on-site," said Nath.

The study, performed in Muscat, Oman, included 50 male soccer players with possible muscular trauma in the thigh and calf region. [Ultrasound](#) was performed on-site during a soccer game. "Forty-six players were found to have either a complete or partial muscle tear. As a result their play was discontinued," said Nath.

"If we diagnose a muscle tear on-site, we know whether or not a player should continue playing or not. If a partial tear goes undiagnosed and a player continues to play, the continued stress of the game could result in a complete muscle tear, which is much more difficult to treat," he said.

Provided by American College of Radiology

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