

The assessment, management and prevention of calf muscle strain injuries: A qualitative study of the practices and perspectives of 20 expert sports clinicians

Sports Medicine - Open

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Interview Schedule of Questions (HEC18060)

The interview will broadly cover the diagnosis, management, and prevention of calf strain injuries in athletes. The following schedule of questions is intended as a **guide** only, to ensure that all relevant areas are covered by the interviewer.

- Take me through how you would make the diagnosis of a calf muscle injury.
 - Subjective:
 - Mechanism / history of presenting condition
 - Past history
 - Aggravating factors
 - Examination
 - Investigations
 - Grade of the injury
 - Differential diagnosis

- Take me through your current management of a calf muscle injury (for each grade).
 - Acute management
 - Passive: manual techniques
 - Active: early exercises
 - Post acute
 - Passive: manual techniques
 - Active: exercises
 - Areas most important to address during rehab

- Return to activity, including running program
 - Early running program
 - Approach to progressing running (volume, intensity)

- What criteria do you use to identify readiness to return to sport?
- What techniques do you use in an attempt to prevent subsequent calf muscle injury?
- Can anything be done to prevent first time calf muscle injuries? (Current screening and monitoring that may be useful)
- Anecdotally, have you identified any predictors for calf muscle injuries?