

Grade	Symptoms	Signs	Pathologic correlation	Imaging	
				Ultrasound	MRI
mild	Sharp moderate pain, increasing with activity. Usually capable to continue, no loss of function or strength	Mild pain on palpation, mild spasm and subtle swelling. No or minimal loss of strength and ROM (< 10°).	0–5% muscle fiber disruption	No abnormalities or diffuse bleeding with/without focal fiber rupture < 5% of the muscle involved	MRI-negative, no structural damage Muscle edema with or without hemorrhage
moderate	Unable to continue activity (usually slows down the sprint)	Clear loss of strength and ROM (10–25°). Moderate swelling. Palpable defect if > 10–20%	> 5–50% disruption with fascial injury	Focal fiber rupture > 5% of the muscle involved with fascial injury, edema and hemorrhage	MRI-positive with tearing < 50% of the muscle fibers. Possible focal defect, partial retraction of muscle fibers
severe	Immediate severe pain, nearly falls while sprinting	Complete loss of function. Loss of ROM > 25°. Palpable defect.	50–100% disruption of muscle fibers	Complete muscle ruptures with retraction, fascial injury	Muscle rupture = 100% structural damage. Complete tearing with or without muscle retraction

Caption: Table 1: Clinical and imaging signs for grading the severity of a muscle lesion [9,17,22,40,43,45]

Description: Table 1: Clinical and imaging signs for grading the severity of a muscle lesion [9,17,22,40,43,45]

Dimensions: 816 x 378

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