

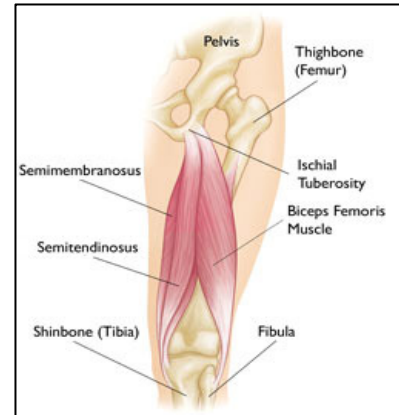


HAMSTRING STRAIN



What is a hamstring strain?

A hamstring strain is also known as a “pulled hamstring” and occurs frequently in athletes, especially those sports that require sprinting or quickly stopping. It can also occur with a sudden jump, stretch, or impact. This is an injury to one or more of the muscles in the back of the thigh. A hamstring injury can be a pull, a partial tear, or a complete tear.



Where does it occur?

The hamstring muscle group runs down the back of the thigh starting at the sits bones and crosses over the back of the knee and connects to the lower leg. The hamstring is made up of 3 muscles: semitendinosus, semimembranosus, and biceps femoris. The hamstring muscle group helps you extend your leg straight back and bend your knee. Most hamstring injuries occur in the thick part of the muscle or where the muscle fibers join tendon fibers that connect the muscle to bone.

What are the possible risk factors?

- Muscle tightness: hamstring and other hip muscles
- Muscle imbalance: front of thigh stronger than back of thigh
- Poor conditioning: cannot tolerate activity especially if new
- Muscle fatigue: cannot absorb impact as well
- Certain activities: runners, sprinters, dancers, growing adolescents in sports

How does physical therapy help?

- Rest, ice, compression, elevation
- Stretching and strengthening – hip muscles
- Core stabilization
- Manual therapy – massage, mobilization, stretching
- Balance, plyometrics and agility training
- Warm-up routine and return to sport
- Modalities – electrical stimulation, ultrasound, cold laser

