



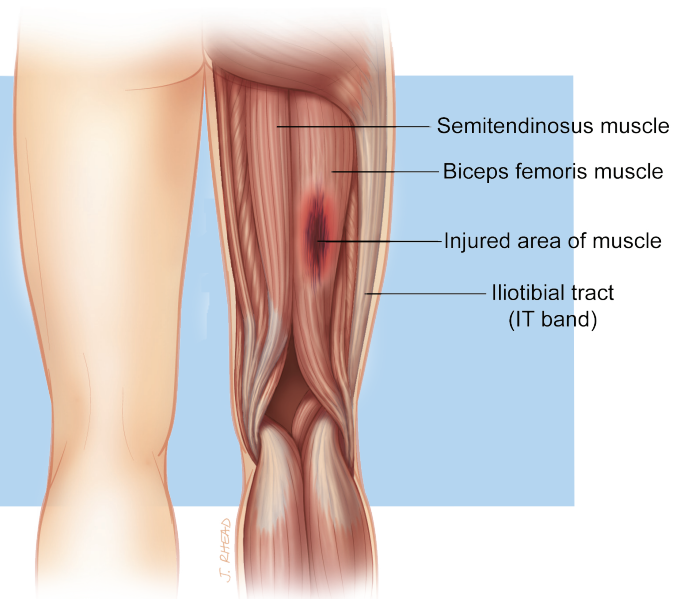
PLAYING MY BEST
SPORTS
DISCOVER YOUR ELITE ATHLETE

HAMSTRING STRAIN

Hamstring strains involve one of the large muscles or tendons on the back of the thigh. The most commonly injured muscle is the one on the outside known as the biceps femoris.

FACTORS THAT CONTRIBUTE TO INJURY

- Inadequate warm-up prior to soccer practice or game
- Poor muscle endurance
- Poor technique
- Poor posture
- Leg length discrepancy
- Muscle strength imbalances (hamstring to hamstring or hamstring to quad)



SIGNS AND SYMPTOMS

- Sudden onset of pain
- “Popping or pulling” sensation to the back of the thigh
- Tender to touch over injury site (may or may not be able to feel a defect)
- Weakness
- Loss of range of motion
- Discoloration (bruising) may occur a few days after the initial injury
- Pain high up by buttocks may indicate an avulsion fracture of one of the hamstring tendons especially if the injury occurs in an adolescent athlete



Official Sports Medicine and Performance Enhancement Provider to Utah Youth Soccer and Rocky Mountain School of Baseball

FOR A FREE INJURY ASSESSMENT APPOINTMENT CALL 801-314-2300

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IMMEDIATE TREATMENT

- Rest (see RICE therapy handout)
- Ice
- Compression (Ace wrap)
- Crutches until patient can walk without a limp (normal gait)
- Anti-inflammatory medication

LATE TREATMENT

- No stretching or strengthening until patient has a straight leg raise equal to the opposite side
- Massage to increase blood flow

Straight Leg Raises: Tighten the front thigh muscles, then lift the leg 8-10 inches off the surface.



Hamstring Isometric: Push heel down into table or floor. Hold for 10 seconds and repeat 10 times.

