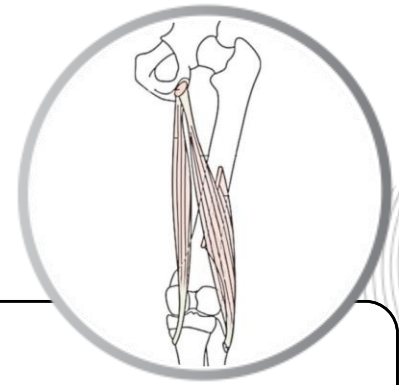


Hamstring Strain



Key Points

- Hamstring strain is an injury to one of the hamstring muscles
- The chronic form is termed hamstring tendinosis/ tendinopathy
- Most patients will have an acute event such as a pop or pulling sensation while running
- Treatment involves activity early physical therapy and medications

Condition

- Hamstring strains can be a strain (no tear), partial tear or complete tear
- Common in sports that involve sprinting
- They are graded from 1-3 based on severity
- Risk factors include muscle imbalance and poor flexibility

Symptoms

- Presents as a sharp pain, pull or pop in the hamstring area while running or twisting
- Weight bearing and walking normally may be difficult
- Swelling and bruising can occur
- Symptoms can last for weeks after the injury

Treatment

- Most hamstring strains are treated without surgery
- First line: early physical therapy, anti-inflammatory medications
- If there is an avulsion, the patient may need crutches
- Consider treatments such as prolotherapy, PRP or shock wave therapy

