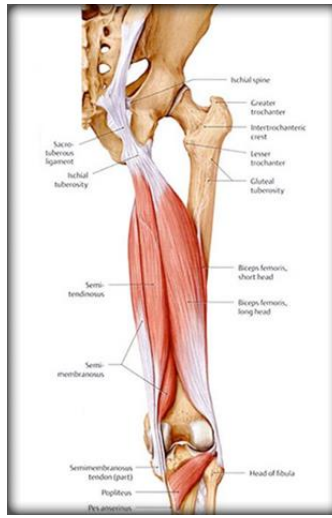




## ***Chronic Hamstring injuries***

### **General info:**

Hamstring injuries are a common and frustrating problem for athletes. They can be slow to heal and have high rates of recurrence, especially due to relatively poor blood supply. Hamstring injuries most commonly occur at the attachment site on the ischial tuberosity (sit bones) but can also occur at the muscle-tendon junction or muscle belly. Chronic hamstring pain often includes scarring and degeneration of the tendon, and even partial tearing of the tendon near the insertion on the bone.



### **Diagnosis:**

An X-ray is often ordered to rule out a small fracture from the ischial tuberosity (sit bones). Sometimes, ultrasound and MRI are used to assess for location and severity of hamstring injuries.

### **Treatment for Chronic Hamstring injuries:**

- Physical Therapy – Nordic eccentric exercises, Hip and core strengthening
- Activity modifications:
  - avoid explosive activities & exercise (jumping, sprinting, lunges, deep squats)
  - cross train w/ low impact exercise: stationary bike, swimming, elliptical, Aquafit
- Wear compression shorts
- Yoga - improve flexibility of hip flexors, pelvis, hamstrings, quadriceps
- Cortisone injections – not commonly performed due to risk of tendon rupture
- Shockwave Therapy – to stimulate tendon healing
- Orthobiologic injections – Prolotherapy or Platelet Rich Plasma (PRP) injections
- Surgery – often not needed

Fader, et al. "Platelet Rich Plasma Treatment Improves Outcomes for Chronic Proximal Hamstring Injuries in an Athletic Population." Muscles, Ligaments, Tendons Journal 2015.