



Acute 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 because of relatively poor blood supply to the area. 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. They can develop chronic scarring, degeneration, and even tearing.

Acute Tx:

- Ice 3-4x/day for 15 minutes (w/ Ace wrap)
- anti-inflammatory medicines (Ibuprofen, Naprosyn, etc.)
- wrap hamstring w/ Ace wrap or wear compression shorts
- gentle stretching...but not too aggressive
- easy exercise (ie: stationary bike, elliptical, walking)
- avoid running, jumping, quick movements
- Physical Therapy
- add simple, easy hamstring exercises as pain & function improve

