



Jubilee

Managing Hamstring Strains

The hamstring muscles run down the back of the leg from the pelvis to the back of your knee. Hamstring injuries are common in sports involving sprinting, especially hockey and football. An injury can range from minor strains to total rupture of the muscle. Early treatment of a pulled hamstring can help to speed recovery and minimize the symptoms.

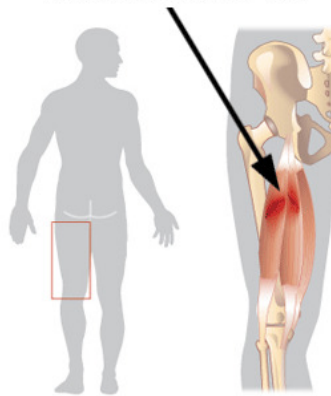
Symptoms

- A sudden sharp pain at the back of the leg during exercise, most probably during sprinting.
- Pain on stretching.
- Pain on contracting the muscle against resistance.
- Swelling and bruising.

Severity of a Pulled Hamstring

Strains are graded 1, 2 or 3 depending on severity. Grade 1 consists of minor tears within the muscle. Tightness may be felt in the back of the thigh but little other discomfort. A grade 2 is a partial tear in the muscle. Walking may be uncomfortable, the site of the tear can feel tender to touch, and bending the knee against resistance causes pain. Grade 3 is a severe or complete rupture of the muscle. Walking is severely affected and crutches may be

Hamstrings Muscle Tear



needed.

Acute Management

It is vitally important that treatment for a pulled hamstring starts immediately following injury. The most important phase for treatment is the first 48 hours post-injury. Early management will have

- Use icepacks every two hours, applied for 15 minutes.
- Bandage the thigh firmly with an elasticized bandage.
- Elevate the leg above heart height whenever possible.
- Avoid exercise, heat, alcohol and massage in the first 48 hours, as these can all exacerbate swelling.

Professional help

If the pain from a grade 1 hamstring tear that you are managing yourself has not improved after a day or so, or it is a more severe grade 2 or 3 tear, it is best to seek medical advice and consult with a physiotherapist or health care provider to get an accurate diagnosis of the injury and suggest the most appropriate treatment plan.



Physiotherapy provides rehabilitation and support

Physiotherapy treatment will depend upon the severity of the injury. Treatments may include soft tissue therapy to reduce scarring and promote faster healing and strengthening and stretching exercises to rehabilitate the injured muscle. Weaknesses in core strength, muscle imbalances and predisposing biomechanical misalignments should be assessed and corrected.

you pain-free faster.

Suggestions for immediate treatment of a pulled hamstring include:

- Stop your activity.
- Rest the injured leg.

CARINGBAH 426 Kingsway 9540 9400
KAREELA 12 Freya St 9528 2200
jubileesportsphysio@optusnet.com.au