



## Hamstring Strain Injuries

Hamstring strain injuries are among the most common lower extremity injuries sustained by athletes that participate in sports that involve sprinting, sudden acceleration and deceleration, change of direction, and kicking. They often can cause considerable time loss from sport and have a high rate of recurrence.

Rehabilitation and return-to-play guidelines continue to evolve in efforts of reducing both primary and secondary injury, and allowing for expedient and safe return to sport.

### *highlights* **Free Communications Program**

Changes in Patient-Reported Outcome Measures in Adolescent Athletes With Hamstring Strains ([Farraye et. al, 2022](#))(S-18)

Influence of Whole-Body Vibration on Hamstrings Neuromuscular Function in Healthy Individuals ([Chaltron et. al, 2021](#))(S-121)

### *from* **Recent Articles**

Hamstring strain injury rehabilitation is multifactorial and should include eccentric hamstring exercises and hip extensor strengthening to address deficits in muscle strength and structure. A progressive running program that allows an athlete to return to high-speed running is a critical component of the rehabilitation program. [Hickey et. al, 2022, JAT, Current Clinical Concepts, Hamstring Strain Injury Rehabilitation](#)

This article is a comprehensive assessment of the available literature associated with hamstring strain injuries in athletes. This article grades the evidence in areas specific to examination, diagnosis and classification of injury, injury prevention, rehabilitation and return to play. [Martin et. al, 2022, JOSPT, Clinical Practice Guidelines, Hamstring Strain Injury in Athletes](#)

This article is a comprehensive review that examines all facets of hamstring strain injury. Specific topics include incidence, risk factors, and mechanisms of injury. Authors discuss diagnosis, treatment and return-to-sport, in addition to highlighting strategies to reduce secondary injury. [Silvers-Granelli et. al, 2022, JSAKOS, Hamstring Strain Muscle Injury in the Athlete: State of the Art](#)

## PODCASTS



[Hamstring Injury Research Round-Up with Dr. Bryan Heiderscheit](#)

JAT Cast: [Effects of Eccentric Hamstring Exercise on Strength and Morphology](#)

JAT Cast: [Effects of Different Inter-Set Rest Intervals during the Nordic Hamstring Exercise](#)

### **Infographic:**

NATA: [Pulls and Tears](#)