

Hamstring Strain

What is it?

Excessive load and/or a forceful stretch of one or more of the hamstring muscles, resulting in the muscle and/or tendon tearing, partially or in full. Common injury.

What causes it?

A sudden and/or forceful contraction, overload or stretch beyond normal range

Symptoms

Pain, swelling, tenderness, restricted movement, reduced strength

Top Tips

Apply ice asap. Seek advice on exercise programme.

How to Treat it

RICER. Anti-inflammatories and painkillers. Possible immobilisation or support. Gentle Physical Therapy, such as massage using heat.



Rehab

Gentle everyday activity. Stretching and strengthening programme. Balance between quadriceps and hamstrings. Thorough warm ups and cool downs. Good technique and posture.

Definitions

Hamstrings – group of muscles located at the back of the thigh

Strain – excessive stress or load to muscle or tendon

Tendon – flexible, inelastic connective tissue attaching muscle to bone

Grading – severity classification. Graded 1-3, increasing in severity

RICER – rest, ice, compress, elevate, refer

Quadriceps – a group of muscles located at the front of the thigh. Help to support the hip and knee

Associated Conditions

- Quadriceps Strain,
- Iliotibial Band Syndrome,
- Quadriceps Tendinitis

Get Help Now

Products

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