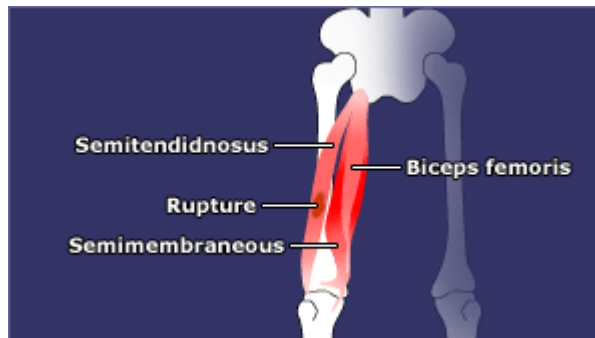


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Hamstring Strains Explained



Hamstring injuries are every athlete's biggest nightmare. Once you have problems with your hamstring, it can trouble you for the rest of your sporting life.

Who?

Any sports person that makes sudden twists, turns and jumps.

How?

They occur when you over-extend the muscle in the back of the leg.

Warming up properly is the best way to attempt to prevent this injury.

What?

There is a sudden onset of pain or a pop in the thigh.

Treatment?

The subject should rest immediately, ice should be applied, the leg should be elevated. Often the subject will need to follow a recovery programme set out for them by a qualified physiotherapist.

Return?

Normally within 2-4 weeks depending on severity. It can also recur for the rest of your sporting career unless it is properly dealt with and rested.