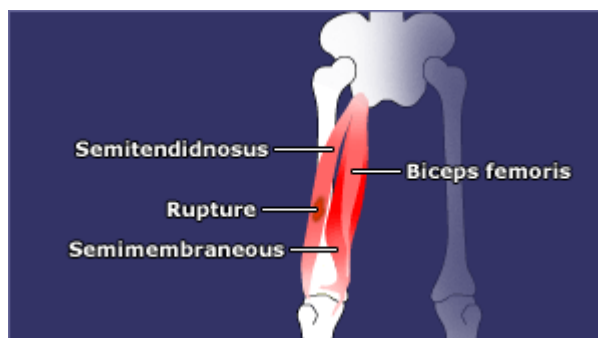


## Hamstring Strains Explained



**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.**

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### **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.