

Hamstring Injury Rehabilitation

Faezah Md Jais

National Sports Institute of Malaysia

Hamstring muscle strains are the significant cause of lost playing time, disability and most frequent in sports that require sprinting such as football, track and rugby. Failure to increase an athlete's eccentric strength in a lengthened position after a hamstring injury may predispose an athlete to subsequent reinjure, chronic pain and reduced sports performance. Incorporating lengthened state eccentric training may help reduce the rate of reinjure. Implementing a rehabilitation protocols for acute hamstring injury consisting of progressive agility and trunk stabilization and protocol which emphasizing lengthening type of exercises proven to be more effective than protocols containing conventional exercises in promoting time to return and reduce the rate of reinjure. Evidence suggests that often the injury has not fully resolved at the time of return to sport. Utilizing an appropriate functional progression and adhering to return to play guidelines are critical for optimal recovery.