

# PULLS AND TEARS

## INJURIES THAT IMPACT THE HAMSTRING

The hamstring is a group of three muscles that starts at the bottom of the pelvis and ends at the top of the lower leg and is essential to walking and running. Hamstring injuries range from pulls to tears, and can have lasting effects on athletes if not treated promptly and properly. Hamstring injuries are common in athletics, especially when sprinting is involved.



### SIGNS OF HAMSTRING INJURY

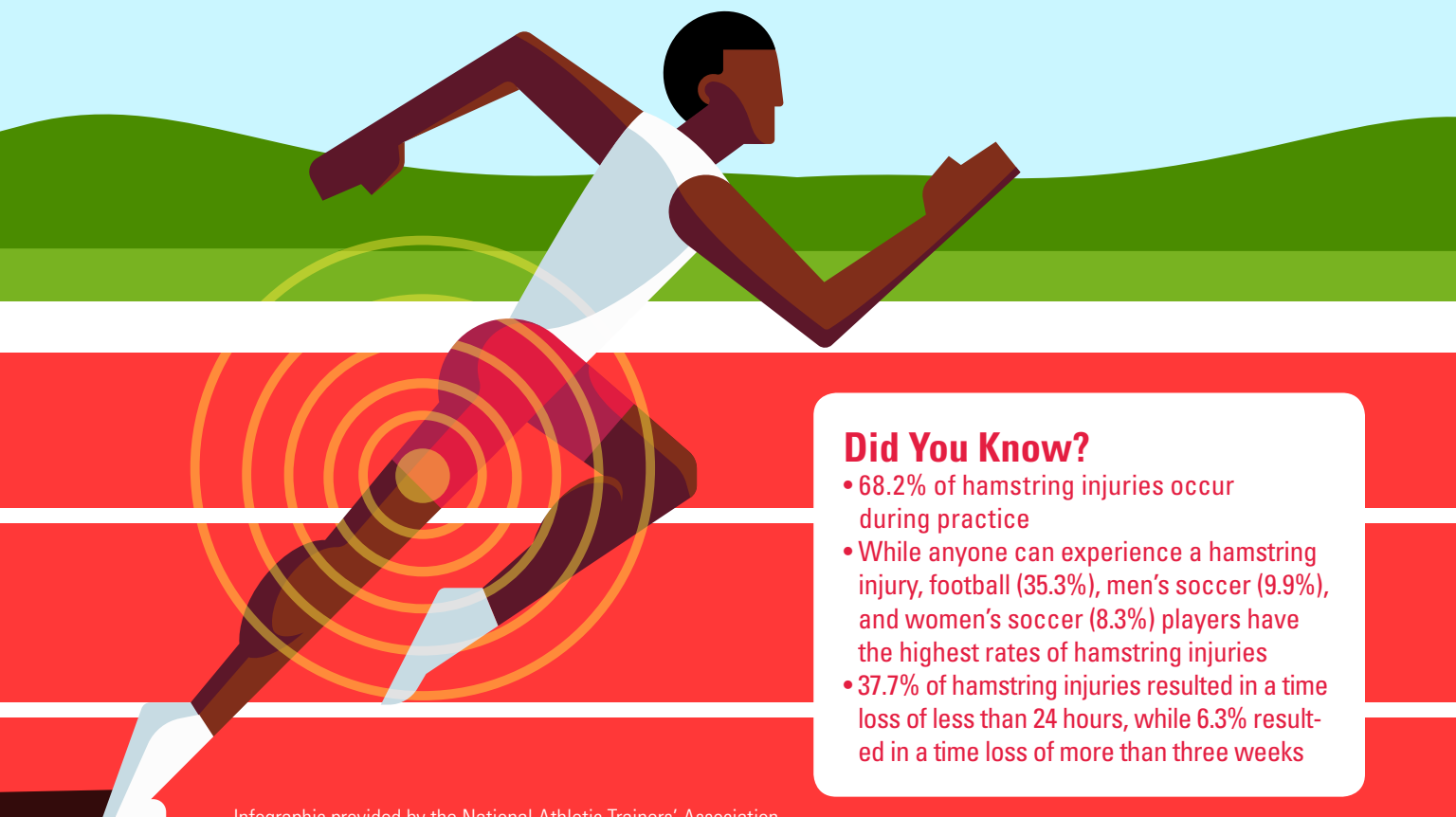
The main cause of hamstring injury is muscle overload. This risk is increased when muscles are tight, fatigued, imbalanced or in poor condition. Signs of injury include:

- Sudden, sharp pain in the back of the thigh
- Inability to walk or carry weight on the leg
- Swelling within a few hours
- Bruising or discoloration within the first few days
- Hamstring weakness that can persist for weeks



### TREATMENT OPTIONS

Visit your athletic trainer or health care provider if you suspect a hamstring injury. They will recommend the best treatment option based on your needs, which, depending on severity, can include nonsurgical options – such as RICE (Rest, Ice, Compression, Elevation) – or surgical options.



### Did You Know?

- 68.2% of hamstring injuries occur during practice
- While anyone can experience a hamstring injury, football (35.3%), men's soccer (9.9%), and women's soccer (8.3%) players have the highest rates of hamstring injuries
- 37.7% of hamstring injuries resulted in a time loss of less than 24 hours, while 6.3% resulted in a time loss of more than three weeks