

HAMSTRING STRAINS

An overview of injury mechanism, signs, symptoms, and early rehabilitation plans.

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INTRODUCTION

What is a hamstring strain?

An injury to the muscles or tendons at the back of the thigh, known as the hamstrings. This injury usually involves tearing or overstretching of muscle fibres or tendons.

What are the muscles make up the hamstring?

- semimembrinosis
- semitendinosis
- bicep formoris

Common sports hamstring strains are found in.

- rugby
- athletic events
- dance

