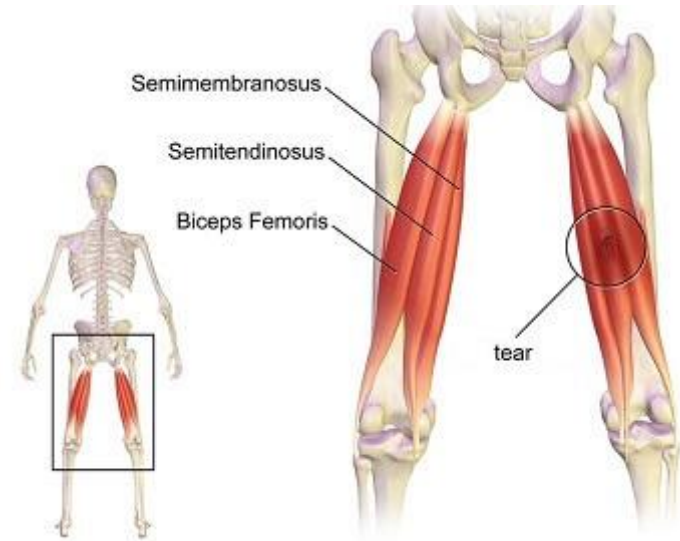


# Hamstring Injury

## About your injury

- The hamstrings are composed of 3 individual muscles that play an important role in running
- This muscle group is commonly injured during high speed running
- Fatigue, changes in exercises intensity, and poor running form can all increase your risk for this injury
- A hamstring 'strain' can refer to a minor or severe tear in the muscle
- Recovery time depends on how large that strain is
- There can be a significant risk for reinjury, making rehab with a trained physical therapist very important



## Physical therapy (PT)

- Physical therapists are trained to evaluate and rehab hamstring injuries
- You are able to see a physical therapist without a doctor's referral in most states
- PT can begin as early as the day of injury
- Some common things to expect in PT:
  - Manual therapy or other techniques to improve flexibility and decrease pain
  - Flexibility and strengthening exercises
  - Home exercise plan
  - Supervised running program

## Phases of recovery

