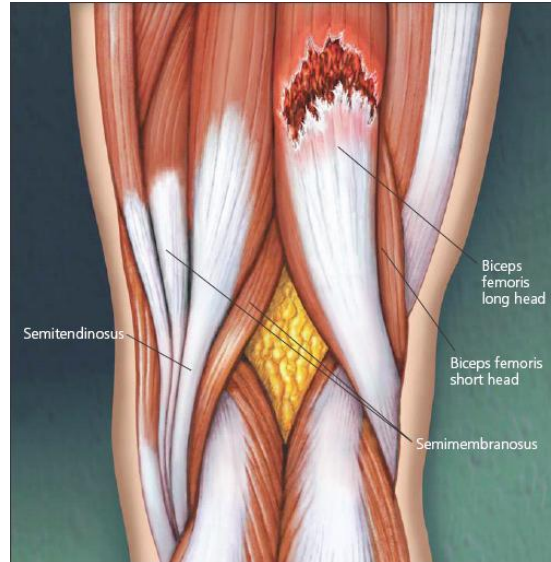


HAMSTRING STRAIN



DESCRIPTION: A stretch, tear, or rupture of any of the three muscles in the posterior thigh. Since the muscles cross two joints and are so large, rehabilitation can be difficult and lengthy.

SYMPTOMS: Depending on the severity, pain may feel like anything from a slight pull to severe and sudden pain. Straight leg raises are often very difficult and painful depending on the severity of the injury. Sitting, running, and walking can all be painful, and localized tenderness and bruising may occur.

CAUSES: Sudden bursts of speed, insufficient warm-up, leg length discrepancies, poor alignment and posture, muscles imbalances, and overuse can all cause hamstring strain.

TREATMENT: Rest, ice, and anti-inflammatory medication will all work to reduce swelling and begin the healing process. Gentle self-massage followed by light stretching will help to speed healing and reduce the buildup of scar tissue. Take care to not overstretch the injured muscles. Work to correct muscle imbalances through strength training of opposing muscle groups.

HELPFUL PRODUCTS:

THE STICK: The Stick will aid in self-massage.

COMPRESSION TIGHTS: Compression tights will stabilize the vulnerable muscle and help to increase blood flow to the area and speed healing.

FOAM ROLLER: A foam roller will aid in self massage of the entire back of the leg and opposing muscle groups, breaking up lactic acid and scar tissue.

GOOD FORM RUNNING: Hamstring injuries can occur and be exacerbated by overstriding and causing the hamstring to work in an unnatural and overstressed position. Sign up for our free clinic and learn how to keep your body in alignment and working in the most efficient way possible.



GRANDVILLE:
Wednesday 6:30 PM

EASTOWN:
Monday 6:00 PM

www.goodformrunning.com