



TIPS TO “DEFEND” AGAINST HAMSTRING STRAINS

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Basketball requires the athlete’s legs to be well conditioned to absorb the powerful accelerations, change of directions, explosive jumping and quick stopping as demanded with this sport. Many athletes who experience hamstring strains have a very high reinjury rate and the purpose of this article is to identify ways to prevent this injury and stay on the court during the season. Please do not hesitate to contact me with any questions @ the web address listed above.

PREVENTION OF HAMSTRING STRAINS

- Apply heat to the hamstring pre- practice before stretching (heating pad etc)
- Warm up on stationary bike, stepper or elliptical machine pre – practice to promote more blood flow and oxygen to the hamstring muscles
- Apply neoprene sleeve to thigh area to promote increased blood flow and compression to the hamstring muscle group
- Stretch hamstrings, quads, hip flexors, hip extensors and related muscle groups – seek help from your schools certified athletic trainer
- Add a few sessions per week of retro-running (backward running) on the practice court
- Maintain solid muscle strength and conditioning to prevent muscular fatigue
- Consult your nearest CPRS Physical Therapy location – visit cprsweb.com

TREATING HAMSTRING INJURIES

- Remove the athlete from the contest and instruct athlete to rest the injured site
- Apply ice for 20 minutes 3-4 times per day for the first 48 hours to help prevent swelling and reduce soreness

- A thigh wrap can be applied to help provide support and compression to the injured site
- Elevate the injured site and the use of crutches is recommended if pain is evident with weight bearing activities
- Consult your nearest CPRS Physical Therapy location – visit cprswb.com

“FAILURE TO PREPARE IS PREPARING YOURSELF TO FAIL”
JOHN WOODEN - UCLA

