

HAMSTRING STRAIN ADVICE SHEET

- Hamstring strains usually heal very well without requiring surgery
- Initial Management (for the first 2-3 days)
 - Rest from aggravating activity
 - Ice (for 20 mins every 1-2 hours)
 - Compression (until swelling resolves)
 - Elevation (above the level of the heart)
 - Weightbearing = put as much weight as you feel comfortable. Sometimes crutches are needed for a few days
 - Avoid heat, alcohol and massage
- Exercises
 - Gentle stretching (3*20 second holds, twice a day; minimal pain)



Disclaimer: This health information is for general education purposes only and is intended to be a reminder of education provided by your health professional after a thorough examination.



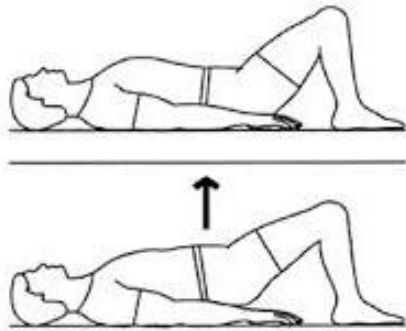
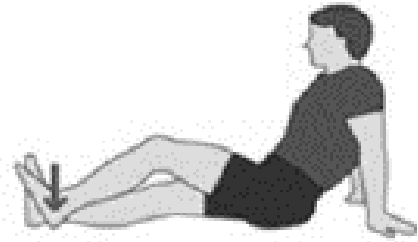
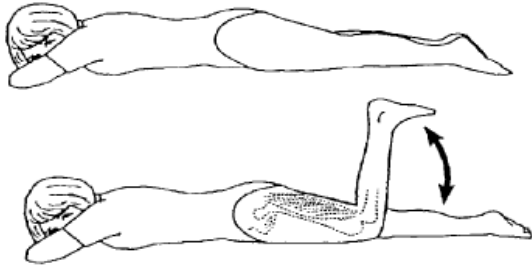
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- Strength (3*10-20 repetitions, once a day)



Progress from two legs, to one leg as able

- Physical activity

- Walking

- Listen to your body!
- **GRADUALLY** increase the amount of activity that you do as you feel comfortable

- Sports

- Expect that it will take about 4-6 weeks before you are ready for running / sports

- Followup

- See a Physiotherapist after 1 week for further advice on rehabilitation and return to sport

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