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)
HAMSTRING STRAIN ADVICE SHEET

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

- 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

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.