Management of Hamstring Strains in Athletes

Description:

Hamstring strain is a common injury in athletes resulting in significant time lost from sport. This session aims to summarize the best available evidence within a clinical context to give the clinician an advanced understanding of anatomical, physiological, and biomechanical considerations relevant to hamstring injury. Current evidence regarding risk factors for initial and recurrent injury will be reviewed. Important components of history and physical examination will be presented as they relate to proper diagnosis and treatment of acute hamstring injuries. Rehabilitation progression will be reviewed, with an emphasis on core components of management to return athletes to prior level of competition quickly and safely.

Objectives:

1) Identify and describe anatomy, muscle physiology, and biomechanical relationships relevant to hamstring strain
2) Recognize risk factors for initial injury and recurrence
3) Explain important components of the subjective history and physical exam to inform the clinician regarding severity of injury and appropriate management
4) Describe treatment progression for a patient with acute hamstring strain through phases of rehabilitation with consideration for individual patient presentation
5) Discuss the evidence regarding the prevention of acute and recurrent hamstring strains including return to play considerations

Key References:


Jacobsen, P., Witvrouw, E., Muxart, P., Tol, J. L., & Whiteley, R. (2016). A combination of initial and follow-up physiotherapist examination predicts physician-determined time to return to play after hamstring injury, with no


Speaker:

Sean Walsh is a member of the 2015-2016 UConn Men's Track and Field coaching staff and UConn DPT class of 2017. Laurie Lee Devaney P.T., MSc, OCS, ATC, FAAOMPT. Laurie has over 25 years of orthopedic experience and teaches the musculoskeletal curriculum in the UConn DPT program. John Galer is CSCS certified and a member of the UConn DPT class of 2017. Alex Bernard is CSCS certified and a member of the UConn DPT class of 2017. William Marrone is a member of the UConn DPT class of 2017.

Wendy Romney, PT, DPT, NCS graduated from Ithaca College (BS '05, MSPT '06, DPT '06). She is a Clinical Assistant Professor at Sacred Heart University, teaching courses on physical therapy examination and treatment of patients with neurological disease and dysfunction and medically complex issues, as well as evidence based practice. Dr. Romney is earning her PhD from Rutgers University and her thesis work is focused on knowledge translation and improving the use of outcome measures in PT practice. Dr. Romney holds a pre-doctoral fellowship in the Department of Rehabilitation and Movement Sciences at Rutgers University (2014-2016). She became a neurological certified specialist (NCS) in 2010 and continues to practice in the faculty practice at Sacred Heart University and Gaylord Specialty HealthCare, Wallingford, CT treating patients with neurologic disease. Dr. Romney serves as the co-chair of the programming committee of the Connecticut Physical Therapy Association and a member of the SCI EDGE workgroup for the Neurology Section of the APTA.

Michelle Wormley, PT, PhD, CLT is a graduate of Quinnipiac University (BS ’02, MPT ’04) and NovaSoutheastern University (PhD ’14). She is an Assistant Professor at Sacred Heart University, where teaching responsibilities include structure and function of the neurological system and examination and treatment of patients with neurological involvement and medically complex issues. Michelle’s clinical experience as a physical therapist has consisted of treating patients with neurological deficits, as well as practicing as a certified lymphedema therapist since 2009. In addition to her teaching role, Dr. Wormley coordinates the post-professional Continuing Education Program at Sacred Heart.