

Learning Objectives

MedBridge

Rehabilitation & Prevention of Hamstring Strains

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Course Description:

Many athletes are missing games secondary to hamstring muscle strains. This course will cover how to rehabilitate a hamstring strains and prevent reoccurrence. Topics will include: reporting hamstring strain epidemiology. examining risk factors, provide evidence for prevention of both initial and recurrent injuries and using current evidence in choosing rehabilitation process. Finally, we will learn how to use clinical milestones to progress athletes' return to play

Course objectives:

- Discuss hamstring strain incidence and hamstring strain re-injury rate
- Learn to identify risk factors for hamstring muscle strains
- Rehabilitation principles for hamstring muscle strains
- Grading hamstring muscle strains
- Examine the use of MRI and special tests for Return To Play