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A Review of Proximal Hamstrings Injuries in Football Players

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Muscle injuries account for 31-46 % of all injuries in football. In that, Hamstring strain injuries (HSI) are consistently the most prevalent time loss injury in football and as such are an important issue in football medicine. In hamstring strain injuries (HSIs) the musculotendinous junction is the most frequently injured site. Despite an ever-increasing wealth of information emerging on the aetiology of HSIs, their incidence in football is increasing. Many predisposing factors for hamstring strain have been suggested in the literature, including insufficient warm up, poor flexibility, muscle imbalances, muscle weakness, neural tension, fatigue, days-synergic contraction of muscle groups, and previous injury. The evidence to substantiate these speculations is minimal and conflicting. The same holds true for the management and treatment of hamstring strains as there is no consensus on optimal rehabilitation, therefore management tends to be based on anecdotal evidence and experience rather than evidence based practice⁴. Hamstring strains are well known for their high rate of recurrence. It has been suggested that a premature return to play or an inappropriate rehabilitation programme may be responsible for reinjury. A randomized controlled trial study done by Anthony Schache concludes that eccentric hamstring muscle training can help prevent hamstring strains or injuries in football players. A detailed review of the aetiology and causes of proximal hamstrings injuries in football players is necessary to take preventive measures to reduce the hamstrings injuries.

Biography

I am Richa Arun Kulkarni, a Physiotherapist by profession and I run my own clinic in Pune, India, by the name of Dr.Richa's KINESIS- Sports rehab and Physiotherapy Clinic. I hold a Bachelor's degree in Physiotherapy, i.e, Bachelor of Physiotherapy (B.P.Th) from Maharashtra University of Health Sciences, Nasik, India. I have around 8 years of experience in the field of physiotherapy along-with it I have 1 year of overseas experience wherein I was the Sports Physiotherapist of a National Football team (U-23 and Senior Men's team) of Timor-Leste(A Pacific Country) in 2018 -2019 and represented their team and country as a sports physiotherapist in FIFA World – Cup Pre-Qualifiers in 2019 in Myanmar and Malaysia respectively.