

HAMSTRING STRAIN INJURIES



Recover & come back **stronger**

Discover Dr. Tom Maden-Wilkinson's expert guide to hamstring injuries.

Risk factors:



Age and previous hamstring injuries may increase the risk of injury.



Strengthening eccentrically at longer muscle lengths and managing high-speed running load can help reduce the risk.



Assessment and rehab:



Hamstring strains are graded from 1 to 3, with grade 3 requiring longer recovery.



Rest, avoiding excessive strain, keeping the leg elevated and short periods of ice and compression may help speed up recovery.



Avoiding early return to sport is crucial for a successful recovery.

Nordic hamstring curls:



Nordic curls are an eccentric-only exercise which **improve eccentric strength** and muscle architecture.



Eccentric training, like Nordic curls, can **prevent and reduce hamstring injuries**.

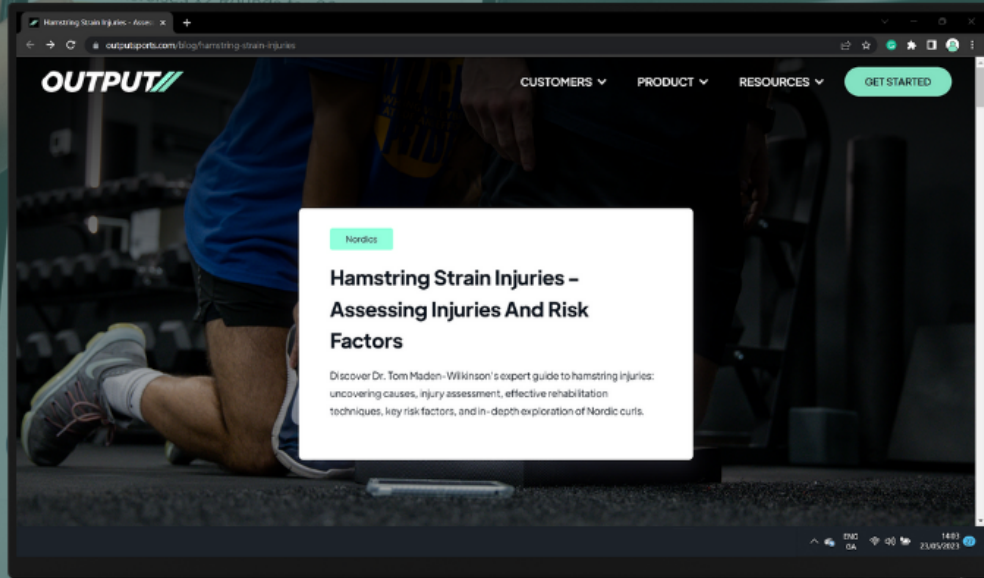


Output's Nordic curl feature tracks **range of motion**, rep **duration**, and angular **velocity** for biofeedback and **progress tracking**.



Learn more today!

Check out Dr. Tom Maden-Wilkinson's expert guide to hamstring injuries on our website.



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