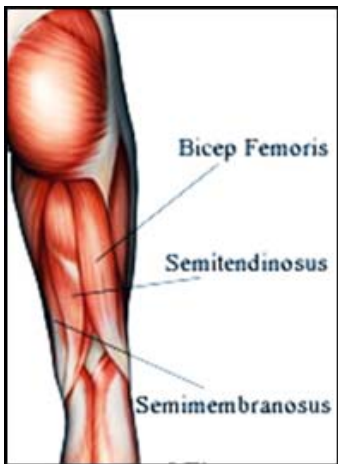


Hamstring Injuries

One of the most common injuries suffered by athletes are hamstring injuries. These injuries can come directly from the hamstring, the surrounding muscles, or the inability of the sciatic nerve to glide through the soft tissue.



Symptoms may be experienced by adhesions or restrictions on the muscles. These adhesions may chronically shorten the muscle increasing the stress on tendons (tendonitis), they may adhere one muscle to another muscle or they may adhere the nerve to the muscle (nerve entrapment). An experienced Active Release provider can locate and treat adhesions on the muscles; subsequently restoring normal function.



As you move your leg forward, the sciatic nerve moves through the soft tissue. When there is a build up of adhesions on any of the muscles the sciatic nerve passes through, the nerve may get entrapped in the tissue. The muscles surrounding the entrapment tighten up to keep you from injuring the nerve. The result may be extremely tight muscles, sharp pain as you bring your leg forward, numbness, tingling, shortened running stride, sciatica, hip pain, buttock pain etc. There are Active Release protocols that can mobilize the nerve through the tissue and relieve the symptoms within a short period of time.

Chronic hamstring tightness may cause an inflammation in the Ischiogluteal Bursa.

The symptoms of Ischiogluteal Bursitis are identical to hamstring tendon inflammation and include the following:

- Pain and tenderness at the ischial tuberosity (butt bone).
- Pain when stretching the hamstring.
- Pain when flexing the knee against resistance.
- A gradually onset of pain following a sprinting session.
- Pain, often radiating to the leg, aggravated in the seated posture.

The hamstring will have to be relieved of its tightness in order for the bursitis to ultimately disappear. Cortisone shots may decrease the inflammation but if the hamstring tightness is not addressed, the problem will continue to exist.

If you are experiencing hamstring problems, seek out a certified Active Release provider for help! The sooner the problems are addressed, the quicker you are back doing the activities you love!