

# Hamstring Rehabilitation in the Sporting Environment

**James Moore**

M.Phty (Manips), BSc (Hons) PG Dip App Biomechanics MCSP, CSCS

**This presentation will be of particular interest to physiotherapists, doctors & strength coaches**

**PLACES EXTREMELY LIMITED**

Speaker:

James is a highly experienced musculoskeletal physiotherapist. In addition to private clinical work he has worked throughout the UK, USA & Australia with professional athletes ranging from Premiership Rugby, American Football, Major League Baseball, Body Builders and Athletics. He completed his Masters in Musculoskeletal Physiotherapy at the internationally recognised Queensland University, and has also completed post graduate studies in applied biomechanics. He was the medical team leader for Gloucestershire County Cricket for two years, and is currently the Lead Clinical Physiotherapist for the English Institute of Sport and a Senior Physiotherapist for UK Athletics at the West London High Performance Centre.

**Wednesday 28<sup>th</sup> October 2009**

**Spurs Lodge, Luxborough Lane, Chigwell, Essex IG7 5AB**

(FREE parking available)

**Registration: 18.00 – 18.15**

**Presentation: 18.15 – 21.00**

**Presentation**

**Topics / issues covered during the evening will include:**

- Anatomy & functional biomechanics
- Risk Factors
- Incidence and Diagnostic challenge
- Testing
- Rehabilitation
- Specific exercise selection in terms of tissues loaded and physiological parameters

**This presentation will conclude with an Open Forum Q&A session**

**Fee: £30** (inclusive of vat) includes handouts, light refreshments & CPD certificate (2.5hrs)

**To register:**

1. Send completed Registration Form along with payment to Health Education Seminars (address overleaf) OR
2. Book online at [www.heseminars.com](http://www.heseminars.com)

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# Hamstring Assessment, Treatment & Rehabilitation

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# Lecture Outline

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## **1. Anatomy & Functional Biomechanics**

Muscle orientation and their different roles, depending on pennation, cross sectional area, tendon slack and sarcomere length. Functional roles based on the literature and interaction with synergists and antagonists in relation to pelvic and knee stability, the running cycle and during cutting manoeuvres

## **2. Risk Factors**

Literature review of intrinsic vs. Extrinsic factors, potential morphological and biomechanical factors in sprinting

## **3. Incidence & Diagnostic Challenge**

The role of different imaging in diagnosis and prognosis, the location of different strains related to mechanisms. Differential diagnosis with other pathologies and key signs. Present a new classification comparing clinical tests vs. imaging

## **4. Testing**

Key hamstring tests and signs of different tissue pathologies, and related synergistic tests to guide the rehab.

## **5. Rehabilitation**

Literature review of key elements for rehabilitation of the hamstrings, S&C vs. Running rehab vs. Tissue loading and techniques vs. Motor control. What key outcome tests do we use to guide the rehab

## **6. Specific Exercise Selection & Algorithm**

Present a guideline algorithm for exercise selection in return to running.

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#### Terms & Conditions

1. Completion and the signing of this form creates a binding agreement to follow the course and pay the full fee.
2. Upon receipt of your application form and course fee you will be sent a letter confirming your place on the course and receipt of the course fee. If you are being funded to attend a course (see section below) the full course fee must be made at least 4 weeks prior to the course date.
3. A full refund, **less a £15 administration fee**, will be made if written cancellation is received in the HES Office **four weeks prior** to the course date. No refunds will be made after this time, for whatever reason. Substitute delegates are accepted at any time.
4. HES reserves the right to cancel the course if there are insufficient enrolments. If, in the unlikely event a tutor cannot attend the course, HES will endeavour to find a new date for the course to be held. HES will not be held responsible for any damages incurred as a result of course cancellation.
5. This form is correct at the time of printing, but is subject to alteration.

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I agree to the conditions of enrolment and enclose a cheque for £ \_\_\_\_\_ as full fee made payable to Health Education Seminars Ltd for the course marked above.

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**Please return this completed application form with your full fee to:**

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