

## Case # 4277: Hamstring

A college football player entered the office reporting pain as a result of a 'pulled hamstring'. He was diagnosed by the team trainer and was told that he would be out for at least three weeks. He was treated with the traditional ice, stim, and stretching.

The patient reported that any attempt to jog, or run at slow speeds that pain would shoot from his mid hamstring downward to his knee. The patient reported that he was unable to get out of his football stance without a sharp stabbing pain.

Treatment began and the patient was treating for about 45 minutes. He again was treated the following day and was able to sprint, squat on one leg and jump without any pain in the hamstring. The patient returned to practice in two days and continued to play without incidence.