

Hamstrings

If you've ever strained, or worse yet, torn a hamstring muscle, you never forget the pain. The long recovery, usually 6 - 8 weeks or more, can really put a damper on your activities, especially if you are an professional or amateur athlete. Listen up! Fresh hamstring injuries can heal relatively quickly using the SLM technique in as little as 2 weeks! No brag - just fact. As with all problem pains, the sooner treated using the SLM technique, the quicker the recovery period.

There are a number of locations in the hamstrings that can be involved:

- A tear in the belly of the muscle is the worst kind
- Outside just above the knee
- Inside just above the knee which is fairly uncommon
- High up the hamstring, just below the bottom of the pelvis.

DON'T stretch your hamstrings if you have a strain or tear. If you want it to heal within 14 days.

DON'T ice the area longer than an initial 10 - 15 minutes after the injury. Further icing will restrict circulation to the very areas that need blood to heal quickly.

Although you may think the activity you were involved with when the pain occurred caused the problem, you are probably wrong. The majority of hamstring problems occur because of a locked or tight back. The hamstring problem may not have happened if the back was normal.

It may give you the shudders to think about someone massaging a painful hamstring area. The majority of treatment work for this injury takes place in other areas of the body, especially the back. Only VERY LIGHT work is needed in the injured area.

There are usually 3 treatments over 5-6 days and a controlled rehabilitation period of another week before this type of injury heals, if treatments are started right after the injury.