

HIGH HAMSTRING TENDINOPATHY IN RUNNERS

What is high hamstring tendinopathy?

High hamstring tendinopathy is an uncommon overuse injury affecting the hamstring, which is seen most in middle-and long-distance runners. While uncommon, it can be painful and affect your training significantly.

What are the symptoms?

Most patients experience upper thigh and buttock pain. These symptoms can be felt at rest but are usually worse at the beginning of a run or when running faster.

How is high hamstring tendinopathy diagnosed?

After a thorough physical examination and elimination of other diagnoses, your doctor may recommend an MRI or other imaging study to diagnose high hamstring tendinopathy.

What are treatment options?

Physical rehabilitation is necessary to treat high hamstring tendinopathy.

Common treatments include:

- Physical therapist-assisted activities
- Stretching exercises
- Hamstring strengthening exercises
- Core stabilization and strengthening exercises
- Stationary biking, pool running and elliptical exercises

Occasionally, corticosteroid injections or surgery may be needed.

What is the prognosis?

Recovery from high hamstring tendinopathy depends on the severity of injury and fitness level. However, most athletes make a full recovery within about three months of diagnosis.

Source: High Hamstring Tendinopathy in Runners: Meeting the Challenges of Diagnosis, Treatment, and Rehabilitation

Please call our office at 615.467.4636 with any questions or concerns.