

DETAILED REVIEW OF THE MOST EFFECTIVE WAY TO REDUCE HAMSTRING INJURIES¹

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Abstract

Aim: This review aims to outline the predisposing factors of HSIs and to determine any relationships between factors that may shed light on the best way to reduce HSI risk. This study will aim to bring together the causes, risk factors and interventions associated with HSIs to better understand why HSIs are as common in the sporting population. We are working under the hypothesis that HSIs are a combination of factors and not just a sole factor that can unlock the problem.

Method: Five high-level pieces of research on each individual factor were researched and then funnelled down to the most relevant research to be included. Individual factors were then discussed and cross referenced where applicable to other factors of HSIs. Where possible the referenced risk factors were highlighted by factors that may be linked to causing HSIs.

Main Body: In total, there was 15 different risk factors researched and linked to each other to form a discussion that helped shed light on how to combat risk factors and also help identify if there may be more than one factor for an athlete.

Conclusion: This study gives an in-depth understanding of a wide range of risk factors for HSIs. It also shows that injuries will happen in sport. Furthermore, it highlights the fact HSIs are multifactorial and the only real way to combat them is to address each individual's risk factors to reduce the chance of injury via a baseline score of specific tests around the HSIs factors.

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