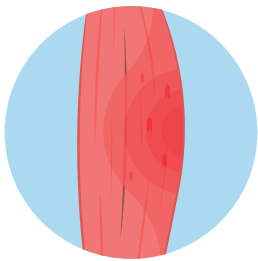
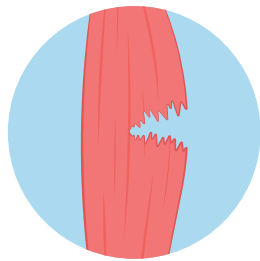


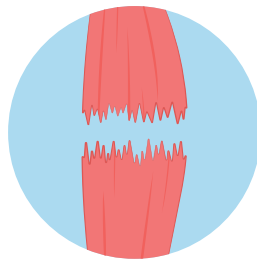
HOW TO PREVENT HAMSTRING AND ADDUCTOR MUSCLE STRAINS IN SOCCER ATHLETES



**GRADE 1
HAMSTRING INJURY**
tearing of only a few
muscles or tendon fibers



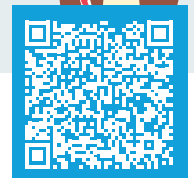
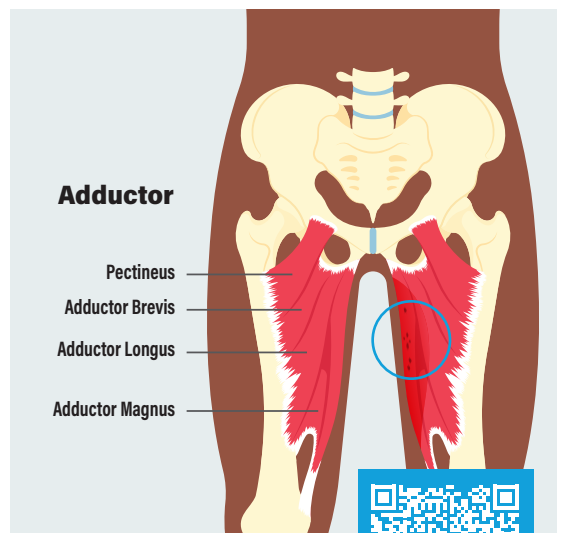
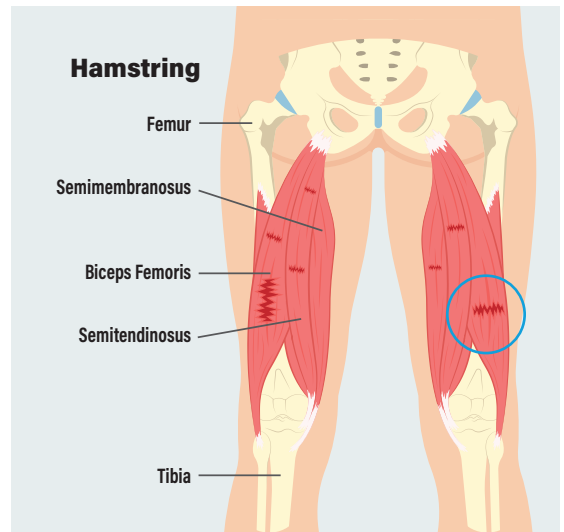
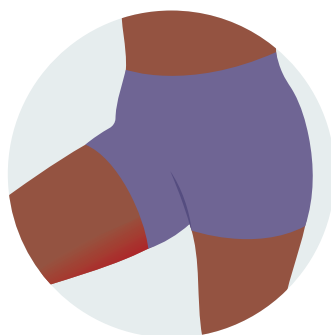
**GRADE 2
HAMSTRING INJURY**
more severe partial
muscle tear



**GRADE 3
HAMSTRING INJURY**
complete rupture of
the muscle

STRAIN PREVENTION

1. Proper warm-up
 - ▶ 10 minutes: light jog followed by dynamic stretching
 - ▶ A skips, B skips, C skips, hamstring scoops, high knees, butt kicks, side steps
2. Keep muscles strong year round
 - ▶ **HAMSTRING:** Nordics, eccentric hamstring curls, bridges, single leg bridge, hip strengthening exercises
 - ▶ **ADDUCTOR:** Copenhagen's, adductor ball squeeze, adductor leg raises, hip and abdominal strengthening exercises
3. Immediately stop exercise if athlete feels pain in the hamstring or adductor area
4. Increase exercise duration and intensity slowly (~10% increase each week)
5. Acceleration, deceleration and change of direction training
6. Proper cool-down with active recovery
 - ▶ 15-10 minutes: light jog followed by static stretching



STRAIN RISK FACTORS

1. Muscle imbalance of quadriceps vs hamstring
2. Inadequate warm-up
3. Poor flexibility
4. Previous history of hamstring or adductor injury
5. Sports that involve sprinting or cutting

Visit ProfessionalRehabAssociates.com
or scan the QR code above for more info,
including exercise videos.



Professional
Rehab Associates