

Pulled Hamstring Test

Name:

Date:

A Pulled Hamstring Test, also known as a Hamstring Strain Test, is a clinical assessment performed by healthcare professionals to evaluate the integrity and function of the hamstring muscles in the back of the thigh. The hamstrings are a group of three muscles that run along the back of the thigh, including the biceps femoris, semitendinosus, and semimembranosus muscles.

Instructions

1. Start by explaining the pulled hamstring test to your patient in simple terms. Let them know that you'll be assessing the strength, flexibility, and pain associated with their hamstring muscles.
2. Ask them to lie down comfortably on a treatment table, facing up.
3. With the patient lying down, gently palpate along the back of their thigh, feeling for any localized tenderness or swelling.
4. You can use your fingertips to apply light pressure and move along the length of the hamstring muscles, including the biceps femoris, semitendinosus, and semimembranosus muscles.
5. Note any areas that feel tender or swollen, as they may indicate a pulled hamstring.
6. Next, assess the patient's range of motion (ROM) in their hip and knee joints.
7. Ask the patient to actively flex their hip by bringing their knee towards their chest and then actively extend their knee by straightening their leg. Observe for any pain, stiffness, or limitations in the movement that may suggest a pulled hamstring.
8. Test the strength of the patient's hamstring muscles by asking them to resist applied resistance. For example, you can ask the patient to lie down and bend their knee while you provide resistance by pushing their ankle toward the table.
9. Have the patient hold the position for a few seconds and then release.
10. Repeat this test with the patient's hip in different positions, such as extended, flexed, and neutral, to assess the strength of the hamstring muscles from different angles.

Reminders

- Communicate with your patient throughout the test, explaining what you're doing and asking for feedback on their comfort level.
- Be gentle during palpation and range of motion assessment, as excessive force may cause unnecessary pain or discomfort.
- Pay attention to any signs of discomfort or pain from the patient during the test, and modify your approach accordingly.
- Consider the patient's overall health and medical history when interpreting the results of the pulled hamstring test, as other factors may influence their symptoms.
- Document your findings and communicate them to the patient and other relevant healthcare professionals for further evaluation and treatment planning.

Additional Notes