

# RISKY HAMS

Know if you're at high risk for a hamstring injury



## Original Research

Gabbe, B., et al.  
Predictors of hamstring injury at the elite level of Australian football.  
*Scandinavian Journal of Medicine & Science in Sports* 16:7-13, 2006.

IN DYNAMIC SPORTS A HAMSTRING INJURY CAN SET YOU BACK ENORMOUSLY. SO KNOWING WHAT CAN CONTRIBUTE TO SUCH AN INJURY CAN BE A SAVING GRACE IN MORE WAYS THAN ONE.  
PHOTO: DAVE STEPHENSON

If you have ever had a hamstring injury, you know how debilitating an injury that can be. Obviously, training for your sport can become nearly impossible. But there are other considerations as well, such as lost competition time, lost income if you are a professional, and rehabilitation costs. Interestingly, in rugby the recurrence of hamstring injuries is as high as 30%. But since the hamstring is one of the most commonly injured areas of the athlete's body, hamstring injuries can occur in any sport that's performed on your feet, such as soccer, martial arts, American football, track and field, basketball, and weightlifting. As a smart athlete or coach, you realize that knowing that hamstring injuries occur a lot is not enough; you need to know what you can do to prevent them. Unfortunately, until the publication of this study in the *Scandinavian Journal of Medicine & Science in Sports*, not much was known about the predictive value of risk factors for hamstring injuries.

**Power Key:** hamstring injury, injury prevention, risk factors