

George Fox University
School of Physical Therapy
Presents

BRYAN HEIDERSCHEIT, PT, PhD

Hamstring Strain Injuries: Recommendations for Rehabilitation and Injury Reduction

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The hamstrings are the most commonly injured muscle group among athletes who sprint regularly, and thus represent a particular burden in sports such as football, soccer and track and field. Effective treatment and rehabilitation of individuals with hamstring strains remains a challenge, as demonstrated by an approximately one-third rate of recurrent injuries. Suggestions for preventing hamstring re-injury are often generic and broad due, in part, to a limited understanding of the effects that a previous strain injury has on the mechanics and function of the hamstring muscle. Dr. Heiderscheit will explain a series of studies, using a combination of human motion analysis and biomechanical modeling, as well as discuss a clinical trial, comparing the influence of two rehabilitation programs on specific neuromuscular factors that contribute to re-injury risk.



Bryan Heiderscheit, PT, PhD, is a Professor in the Departments of Orthopedics & Rehabilitation and Biomedical Engineering at the University of Wisconsin-Madison. He is the Director of the Runners' Clinic through the UW Sports Medicine Center; Director of Badger Athletic Performance Research for UW Athletics; and Co-Director of the UW Neuromuscular Biomechanics Laboratory. Dr. Heiderscheit's research is aimed at understanding and enhancing the clinical management of orthopedic conditions, with particular focus on running-related injuries. He is an Associate Editor for the *Journal of Orthopaedic and Sports Physical Therapy* and is an active member of the American Physical Therapy Association, serving on the Executive Committee of the Sports Physical Therapy Section and founding chair of the running special interest group.