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### Hamstring strains: Bridging the gap from treatment to optimal performance

Soccer athletes are increasingly required to cope with asymmetrical mechanical workloads that are constantly imposed on the musculoskeletal structures of the lower extremities that can lead to injury. Hamstring strains are the most prevalent muscle injury in sport and account for 29% of all injuries in soccer. Anecdotally, athletes have increased expectations that the time spent strengthening, stretching and treating the hamstring can prevent reoccurring hamstring strains, however the literature suggests otherwise. Alarming, regardless of treatment modality and strict exercise programs the re-injury figures have not changed in over 28 years. These findings suggest that the current hamstring treatment and rehabilitation protocols are not effective and lead to question as healthcare practitioners are we utilizing the best evidence base practice for this population? There are several protocols for the management of hamstring strains however a depth review of modalities are warranted.

### Biography

Michael Lee has a wide range of skills and experiences in professional sport. He has completed a BSc Sports and Exercise Science from Loughborough University and continued his education by completing MSc Physiotherapy, MSc Musculoskeletal Medicine and Injection Therapy, MSc Sports Medicine and Doctorate researching the effects of food intolerances with chronic low back pain. He is also registered as a Certified Strength and Conditioning Coach in the USA and UK. He brings a wealth of experience in his multidisciplinary Sports Medicine Centre in Sheffield and Lectures and Consults internationally with sports ranging from professional football to athletics.

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