Expert opinion: diagnosis and treatment of proximal hamstring tendinopathy.

Abstract:

Proximal hamstring tendinopathy (PHT) is a disabling disease often causing underperformance in the athletically demanding patients. The main symptom of PHT is lower gluteal pain especially during running or while prolonged sitting. Mainly affecting athletically active individuals, PHT is a considerable challenge for treating health care professionals. This paper aims to concisely present the literature on PHT to guide health care professionals treating these patients and doing research on the subject. We reviewed the literature on PHT through literature search of scientific journal databases. As a tendinopathic pathology, it is a rather recently discovered exertion injury. As with other chronic tendon overuse injuries, current treatment strategies are unspecific with uncertain outcomes due to the unknown etiology of the tendon degeneration. Diagnostic features as well as both operative and non-operative treatments are evaluated from a clinical perspective, providing up to date information for clinicians and sports medicine therapists dealing with hamstring problems.

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