

Practical Suggestions for Addressing Hamstring Issues

Jim Vahrenkamp
Queens University of Charlotte

My Background

- Decathlete - Diverse background in training
- Experienced Moderate Hamstring Issues
 - Always felt like I understood why I experienced hamstring injuries
 - Lack of proper warm up
 - Being substantially under at plant in pole vault
- MA and BS in History
- Voracious Reader

Henrik Holmberg

Came to me with the following personal bests:

- HJ - 1.91m
- LJ - 6.40m
- 400 - 51.5
- Very Athletic, lots of potential
- No matter how strong we got, he pulled his hamstring





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Hamstring Issues Addressed

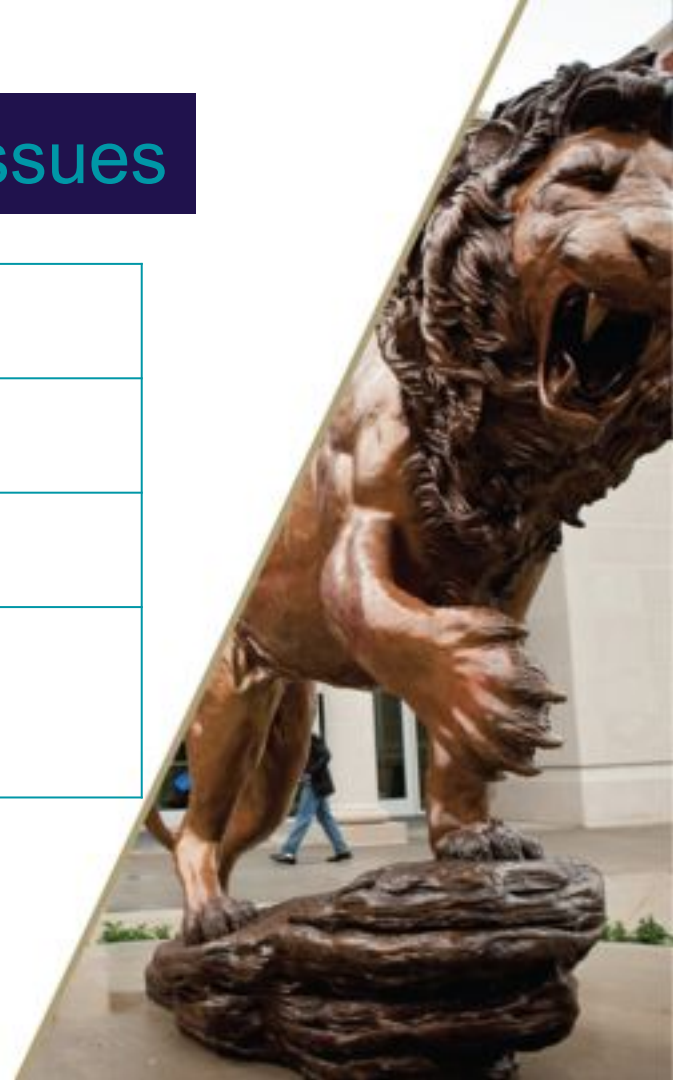


Brad Pfeifle

**VP, MS, ATC – VP of Sports Medicine
& Rehab Services**

Performance Pre/Post Hamstring Issues

100M	11.32	10.98
Long Jump	6.40	7.33
High Jump	1.91	2.05
Decathlon	Did not Complete	7173



What was I missing?

- Wasn't strength related
- I wasn't addressing these needs in my programming
- Started by asking Henrik
 - Described various isometric holds not related to weight lifting

Finally some help...



Andrea Cota

Human Performance Specialist

Andrea Cota began as a human performance specialist for the South Dakota track and field program in 2013-14. She works with functional movement screening, serves as the team nutritionist and works with the weight training program.

Exposed to New Material

- FMS Screening
- Supple Leopard
- Mobility WOD
- Mike Boyle
- Functional Mobility Institute

What do we need to know about the hamstring?

- It loves doing the work of other muscles
- Primary function in MAX Vel is to function as a brake for the femur
- Doesn't function well as the extensor of the hip based on insert location on pelvis

Posterior Chain

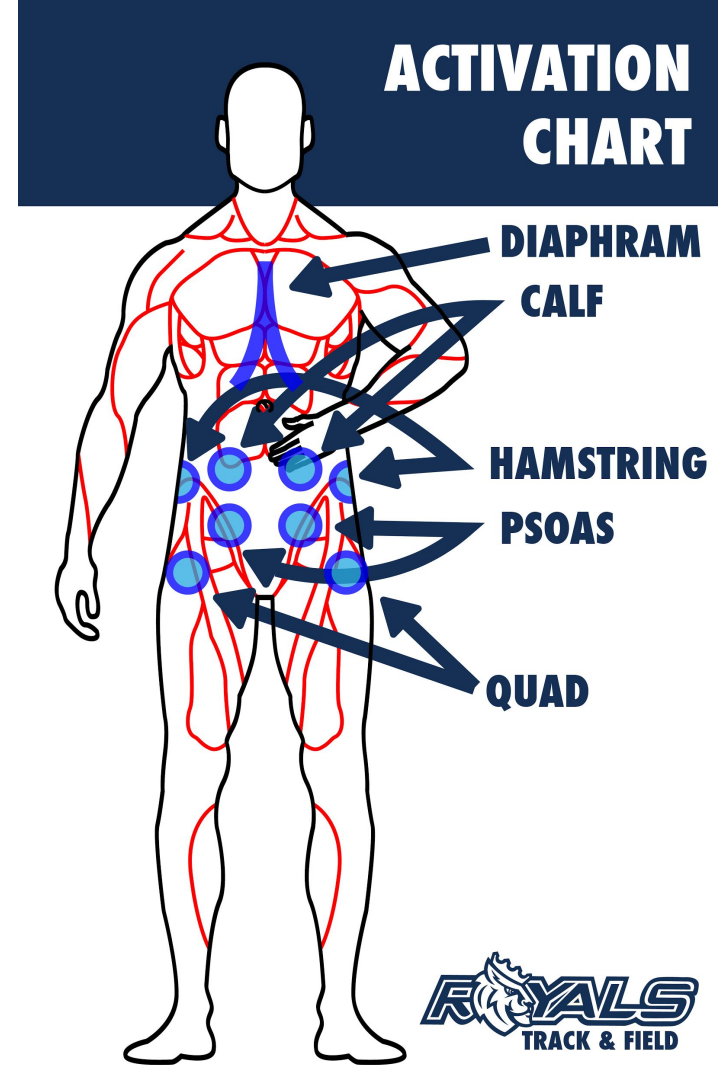
- Knowledge and understanding is critical to evaluating and determining issues
- Agonist/Antagonist relationships
- Stretch Reflex Mechanism
- Elasticity
- Proper Postural and Pelvic alignment
- Primary Engines of Movement - Hips and Shoulders

Douglas Heel - Muscular Activation

- Described resolving strength issues with pressure points
- Ordered the DVDs
- Practiced on myself and staff
- Found some very impressive results

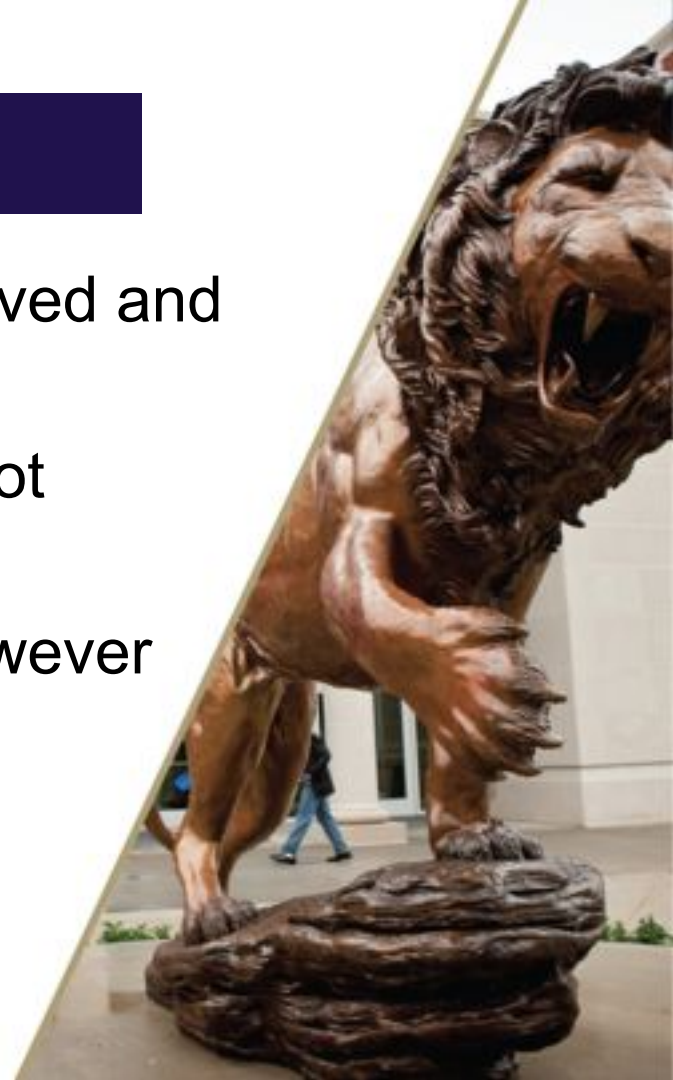


- Developed chart to assist athletes with activation
- Found that issues were addressed but not resolved
- Continued to look for answers regarding continued development of functional movement



Addressing Correct Motor Patterns

- Correct motor patterns must be observed and cued
- Practice doesn't make perfect if it is not perfect practice
- It does make relatively permanent however



Where do we address movement patterns?

- Hurdle mobility is an excellent teaching tool
- General Strength
- Multi Throws
- Multi Jumps
- In all movement from simple → complex
- Typically must be rehearsed sub maximally

Movement Screens

- Develop athlete buy in
- Enhance spatial and body awareness
- Establish baselines
- My athletes that pass movement screens with flying colors have limited issues



Trainers and Strength Staff

- Important to have discussion with athletic trainers and strength staff in regards to what is being implemented
- A great deal of damage can be done in the weight room
- Trainers should follow movement based recovery strategies that enhance correct motor function

Further Reading and Resources

- Mobility WOD - www.mobilitywod.com
- Supple Leopard - by Kelly Starrett
- Gray Cook - FMS screen
- Boo Shexnayder - Handling Hamstring Injuries



Feel free to contact me with questions

- Jim Vahrenkamp
- Queens University of Charlotte
- vahrenkampj@queens.edu
- 980-256-1136

