Conservative Treatment Following a Proximal Hamstring Avulsion in a Major League Soccer Academy Player

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**Background:** Proximal hamstring avulsion (PHA) is a rare injury that occurs when tension from the proximal hamstring tendon causes a fracture of the ischial tuberosity. Surgery is the preferred intervention as there is a lack of research on conservative treatment for PHA and especially in adolescents.

**Patient:** A 13-year-old male Major League Soccer Academy athlete was initially diagnosed with a hamstring strain. After 10 weeks of rehabilitation without full injury resolution, further imaging revealed a subacute PHA. Initial evaluation revealed muscle weakness in the involved leg during knee flexion, knee extension, and hip extension. Bilateral hamstring tightness was also noted. The Tampa Scale of Kinesiophobia-11 patient-reported outcome instrument identified the patient’s fear of re-injury during functional movements.

**Intervention:** Using criterion-based guidelines for hamstring strain rehabilitation, the athletic trainer saw the patient ≥ 4 times a week for 6 weeks during which the patient was removed from soccer activities per physician’s orders. A therapeutic exercise progression in conjunction with a mobility program was used to address impairments and functional deficits documented in the initial evaluation.

**Outcomes:** The deficits in muscle strength and sport-related functional activities were resolved in 4 weeks. Then a graduated return-to-sport protocol was used to reincorporate the patient back into team training. GPS player monitoring technology was used to prescribe and monitor the patient’s training load so that it could be increased in a controlled manner. The patient was cleared for full, unrestricted participation after 8 weeks of rehabilitation.

**Conclusion:** Full return to sport after PHA can be achieved with non-surgical intervention in an adolescent male soccer player.

**Clinical bottom line:** A proximal hamstring avulsion can be successfully treated with a conservative approach. An interdisciplinary approach to patient care is needed to provide the best care to the patient in an expedient and efficient manner.