

***Stop Living  
With Pain!***

**Call Us To Schedule Your  
Appointment Today!**



**HOW TO ALLEVIATE  
HAMSTRING PAIN &  
PREVENT FUTURE INJURIES**

**ALSO INSIDE:** Healthy Recipe: Vegetarian Black Bean Tacos  
Patient Success Story • Use It or Lose It!



# HOW TO ALLEVIATE HAMSTRING PAIN AND PREVENT FUTURE INJURIES

The hamstring muscles are one of the most common issues athletes deal with every fall sports season. Do you notice soreness in your deep buttock or the back of the thigh that seems to get worse when playing sports or running? Are you frustrated with the persistent tightness in your hamstrings no matter how much you stretch them?

Whether you are an athlete or just like to stay active, determining the best way to resolve a nagging hamstring injury will depend on where and when you hurt. Fortunately, our physical therapists at Soleil Physical Therapy can help identify any obstacle standing in your way and help you resolve your hamstring pain/injuries no matter how long you have dealt with them.

One of the most common mistakes people make is to keep stretching their hamstrings despite the lack of results. The tight feeling is often misinterpreted and leads to excessive stretching, which may keep it irritated or prevent it from resolving fully.

At Soleil Physical Therapy, we have a proven track record of effectively treating hamstring pain. We understand what works for the fastest and longest-lasting results! You can find a lot of general advice on what to do, but no two injuries are the same, and therefore every program should be based on the individual to get the best results.

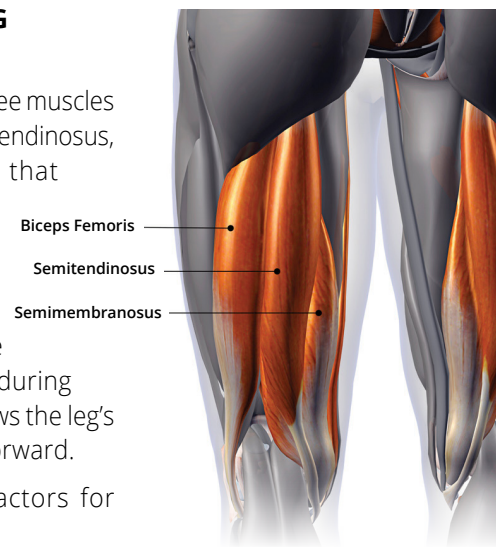
If you are tired of dealing with hamstring pain and want to do what it takes to get lasting results, contact us today!

## HOW IS THE HAMSTRING TYPICALLY INJURED?

The hamstring comprises three muscles (i.e., the biceps femoris, semitendinosus, and semimembranosus) that originate on the pelvis and run down the back of your leg to the back of your knee. These muscles help you bend your knee and extend your hip, and during activities (i.e., running), it slows the leg's momentum as it extends forward.

The most common risk factors for hamstring injuries include:

- Previous history of injury: (Specifically hamstring injuries, but recent research indicates a prior ankle injury is associated with an increased risk of injury)



## OUR SPECIALITIES

MANUAL THERAPY

ACUPUNCTURE

THERAPEUTIC EXERCISE

KINESIO TAPING

ELECTRICAL  
STIMULATION

ULTRASOUND

IASTM

ERGONOMIC TRAINING

MYOFASCIAL RELEASE

VESTIBULAR REHAB

NEUROMUSCULAR RE-  
EDUCATION

ACTIVE RELEASE  
TECHNIQUE

SPINAL & EXTREMITY  
MANIPULATION

THERAPEUTIC MASSAGE

MUSCLE ENERGY  
TECHNIQUE

DYNAMIC STRETCHING

DRY NEEDLING

CUPPING

TRACTION

- Strength imbalances
- Fatigue and/or overtraining
- Age

For athletes playing team sports this fall, the hamstring plays a major role in the swing phase of your running gait and controls your leg movements as you fully load the leg during sports, including cutting at the "foot contact phase" of the running gait.

For recreational and long-distance runners, overuse hamstring injuries are the most common. Typically the first symptom described is tightness in the back of the leg and progresses to pain felt deep in the buttock or mid-thigh. Unfortunately, people try to stretch their way to relieve or stop activity altogether.

Although there are times when the complete stoppage or stretching to regain range of motion is recommended, a more effective approach is to seek the help of our physical therapist at Soleil Physical Therapy to help identify the true nature of the tightness. This is where our team excels!

Recent research has shown that an active rehabilitation process is the most effective way to rehabilitate the hamstring. Improving hamstring strength, addressing residual limitation or restriction from a previous injury, and managing the physical demands/training workloads unique to the individual are the keys to a successful outcome.

If you have tried stretching exercises for a few weeks without much success, it is likely that the muscles do not need stretching but need guidance from one of our highly trained physical therapists!

## WHAT TO EXPECT FROM YOUR SESSIONS

At Soleil Physical Therapy, our physical therapists will conduct a thorough physical examination of your hamstring pain, including your current pain, range of motion, and strength. In addition, we will learn about any previous injury or factor that may be contributing to your current problem.

Our initial rehabilitation typically involves manual therapy techniques, targeted stretching, modalities, and other pain-relieving strategies to ensure your body is prepared for a progressive hamstring strengthening program.

The research shows that eccentric muscle contractions are an effective type of strengthening for the hamstring to recover and prevent future injuries. An eccentric muscle contraction occurs when a muscle/tendon is lengthened while contracting.

Next, depending on the individual and the type of injury, returning to activities like running at submaximal speeds early after a hamstring injury can help restore normal function and minimize lasting pain. By taking an active approach, our therapists can help you resolve your pain and help you stay pain-free in the future!

## REQUEST AN APPOINTMENT TODAY!

At Soleil Physical Therapy, we will identify your unique situation and ensure you are provided with a program tailored to your individual needs to achieve the results you desire.

**Request an appointment with one of our specialists and learn how to get and keep your hamstring healthy and strong!**

Sources: <https://link.springer.com/article/10.1007/s40279-017-0819-7>; <https://jyx.jyu.fi/handle/123456789/65953#>; <https://bmc musculoskeletaldisord.biomedcentral.com/articles/10.1186/s12891-020-03658-8>; <https://www.sciencedirect.com/science/article/abs/pii/S0966636222000157>; <https://www.aafp.org/afp/2018/0415/p510.html>; [https://link.springer.com/chapter/10.1007/978-3-030-31638-9\\_4](https://link.springer.com/chapter/10.1007/978-3-030-31638-9_4)

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SOLEIL PT



QUANTUM PT

**致電617-644-4522, 向我們諮詢! 我們會幫助您重返毫無病痛的積極生活方式!**

**Has Your Pain Returned? Call For Your Appointment Today!**

## HEALTHY RECIPE: VEGETARIAN BLACK BEAN TACOS



### For the Beans:

- 1 tbsp olive oil
- ½ yellow onion, diced
- 1 garlic clove, minced
- 1 15-oz can black beans
- ½ tsp cumin
- ¼ tsp smoked paprika
- ⅛ tsp cayenne pepper
- ½ tsp kosher salt
- Ground black pepper, to taste
- 1 tbsp tomato paste
- 1 tbsp water

### For the Tacos:

- 8 hard corn taco shells
- 4 oz Hass avocado
- Juice from ½ small lime
- Pinch kosher salt
- Ground black pepper, to taste
- ½ cup shredded cheddar cheese
- 1 plum tomato, diced
- 1 cup shredded romaine lettuce



Preheat oven according to taco shell package directions. Lay taco shells on a sheet pan in an even layer and bake for 6-7 minutes. Meanwhile, heat a large skillet over medium heat. Add canola oil and onion and sauté for 2-3 minutes. Add garlic and sauté for 30 seconds. Add beans, spices, tomato paste, and water and mix until combined. Cook about 3 minutes to allow flavors to meld and beans to heat through. In a small bowl, mash avocado with a fork until smooth. Add lime juice, salt, and pepper. Place taco shells on a flat surface. Layer each shell with bean mixture, then cheese, mashed avocado, tomatoes, and lettuce.

[www.skinnytaste.com/black-bean-tacos/](http://www.skinnytaste.com/black-bean-tacos/)

## A Reminder To... **USE IT OR LOSE IT**

**Do you have a family insurance plan or HSA?**

**Have you had surgery this year?**

**Have you used your insurance more than usual?**

If you answered YES, you are more likely to have met your insurance deductible for the year and have a \$0 balance remaining in your out-of-pocket expenses. This means **the cost of physical therapy could be minimal or even completely covered** by your insurance plan. Now is the time to come in for physical therapy! Are you feeling aches and pains? Let us help you get a head start on a pain-free 2023.

Call us today! We'll guide you to affordable treatments that will place you one step closer to pain relief.



## Patient Success Story



**"The overall treatment is nothing but miraculous!"**

*"I absolutely love Soleil Wellness for physical therapy. On-site individualized treatment and exercises tailored for home, the overall treatment is nothing but miraculous! Professional and friendly with years of expertise, I was amazingly comfortable with them at the get-go! Without hesitancy, I sincerely recommend Soleil. Say 'Hi' to Ron and Dave for me!" — Sheila M.*

## Has Your Pain Returned?

**Call today to schedule an appointment!**



[www.soleilpt.com](http://www.soleilpt.com)

**(617) 644-4522 (Soleil PT) or (617) 982-2594 (Quantum)** 