

**S:** Pt is a sprinter track and field male athlete. Pt limped off the indoor track after pulling up due to immediate p!. Pt described feeling immediate p! in his R hamstring during a sprint. Pt did not feel or hear a pop, but said he felt immediate tightness and constant throbbing p!. Pt rated p! as a 7/10. Pt has no hx of R hamstring injuries. Pt has no other complaints.

**O:** Pt has small deformity in the R hamstring. No bruising, scars, or other abnormal findings are present upon immediate observation. Pt showed little movement in affected leg while limping off the track.

Pt is point tender over the medial portion of the R hamstring.

AROM: Hip flex: p! and decreased ROM

Hip ext: p! and decreased ROM

PROM: Not done due to severe p! during AROM

RROM: Not done due to sever p! during AROM

**A:** Pt has possible grade 2 hamstring strain.

Problem List: P! in multiple directions of movement. Muscle spasm causing decreased ROM and p!. Strength deficit due to strain of R hamstring muscle.

STG: Decrease p! and muscle spasm.

LTG: Regain ROM and strength in muscle. Regain neuromuscular control and return Pt to full participation in practice.

**P:** Pt will receive ice and IFC stimulation for 15 mins at 180 pps. Pt was instructed to continue to rest and ice every 2 hours for 30 minutes over the weekend, and will begin therapeutic exercise next week. A follow up evaluation will be done on Monday.

Date: 3/20/14

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