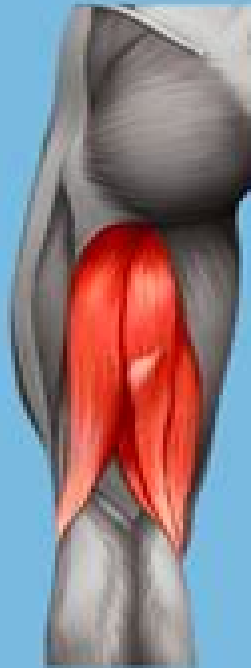


Hamstring Injury Based on Location



Proximal Hamstring Tendinopathy

Pain at a pin point spot deep in the buttock near the sits bone. Does not radiate down the leg. Feels dull and achy. Due to repetitive micro trauma.



Hamstring Muscle Belly Strain

Dull or achy pain anywhere within the hamstring muscle belly (the meaty part of the muscle). Aggravated with walking, running, stairs or lunging.



Hamstring Syndrome

Pain that starts in the buttock and may appear like proximal hamstring tendinopathy, but produces shooting pain down the leg. Nerve related. Pain w sitting

Hamstring Injuries Letsrun

Thomas Youm

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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