

# Pain, function and quality of life before and after surgical treatment of proximal hamstring avulsion



**Kasper Spoorendonk, Jens Ole Storm, Marie Bagger Bohn & Signe Kierkegaard**

Department of Physio and Occupational Therapy, Horsens Regional Hospital

Department of Orthopaedic Surgery, Horsens Regional Hospital

## Introduction

Proximal Hamstring avulsion (PHA) is a rare injury. PHA's injury mechanism typically involves a hyperextended knee and a hyperflexed hip as seen in waterskiing, football and slipping injuries. Symptoms are a large hematoma on the back of the thigh, stiffness and pain during walking and sitting. Surgical repair is a treatment option. The effect of the treatment with regard to pain, function and quality of life is not well described.

## Aim

To investigate the effect of surgical treatment of PHA with regard to pain, function and quality of life at 6 and 12 months after surgery.

## Methods

13 patients (8 male), mean age  $51 \pm 15$ , were treated surgically median 15 days after injury. Patients with an MRI verified PHA were included. MRI findings were avulsions from the Ischial Tuberosity involving 2-3 hamstrings tendons with a 1-2 cm retraction. From 2019 to 2021, patients had surgery and supervised rehabilitation. 13 patients had 6 months follow up and 12 patients had 12 months follow up. Knee flexion strength was measured with a hand held dynamometer pre-surgery, and 6 and 12 months after surgery. Subjective outcome measures were: Perth Hamstring Assessment Tool (PHAT), overall health visual analog scale (VAS), and Hip Sports Activity Scale (HSAS).

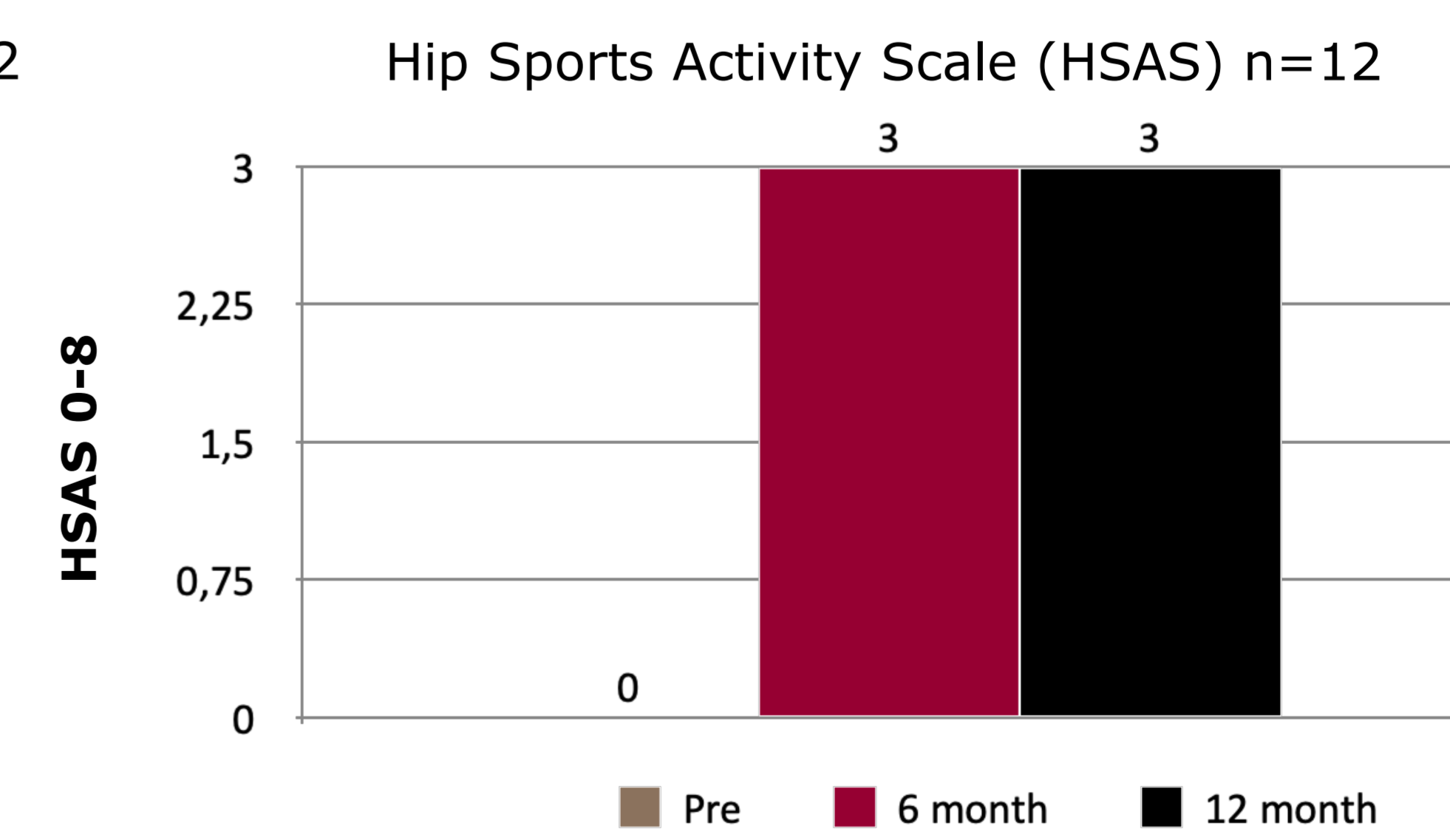
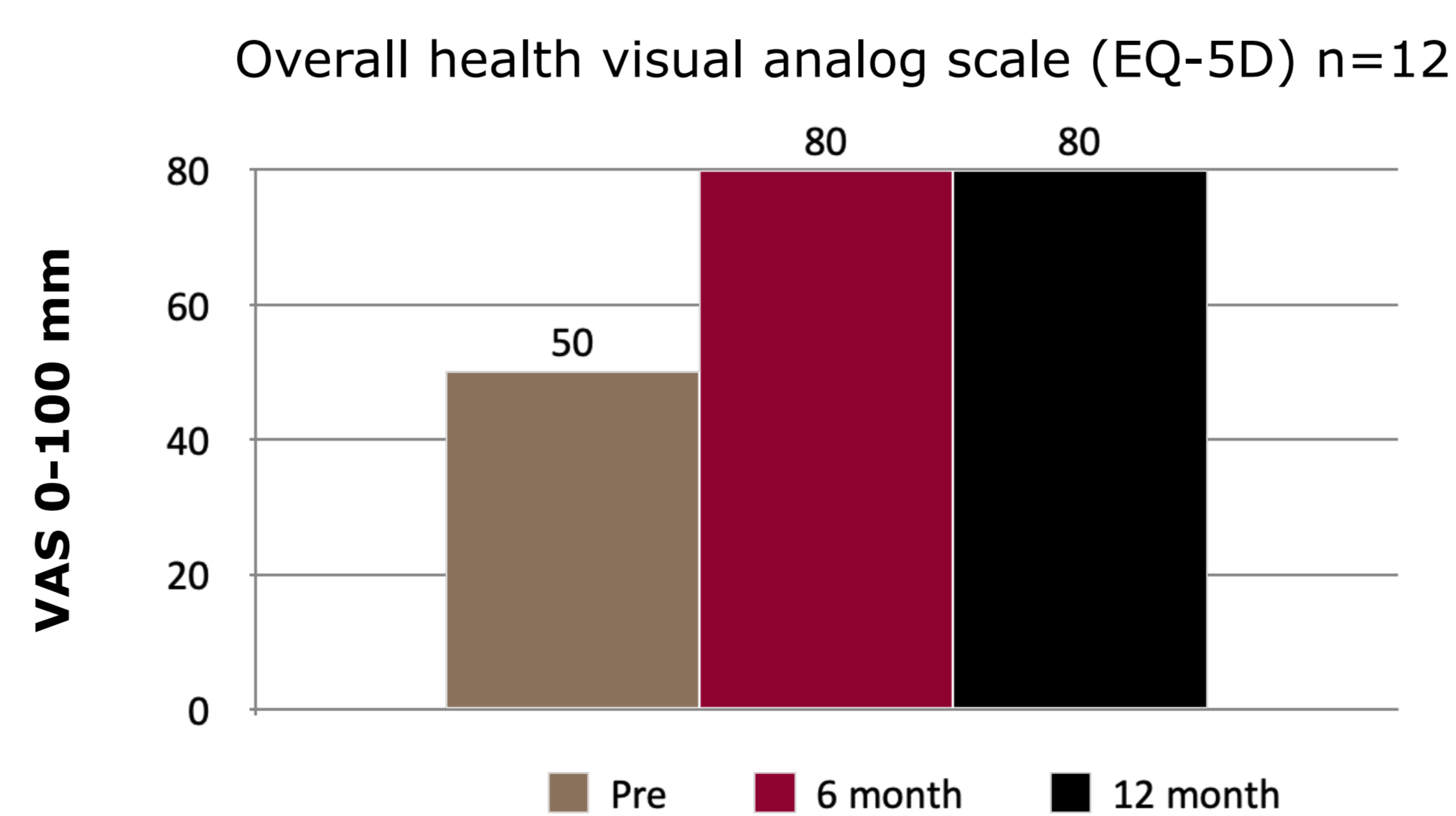
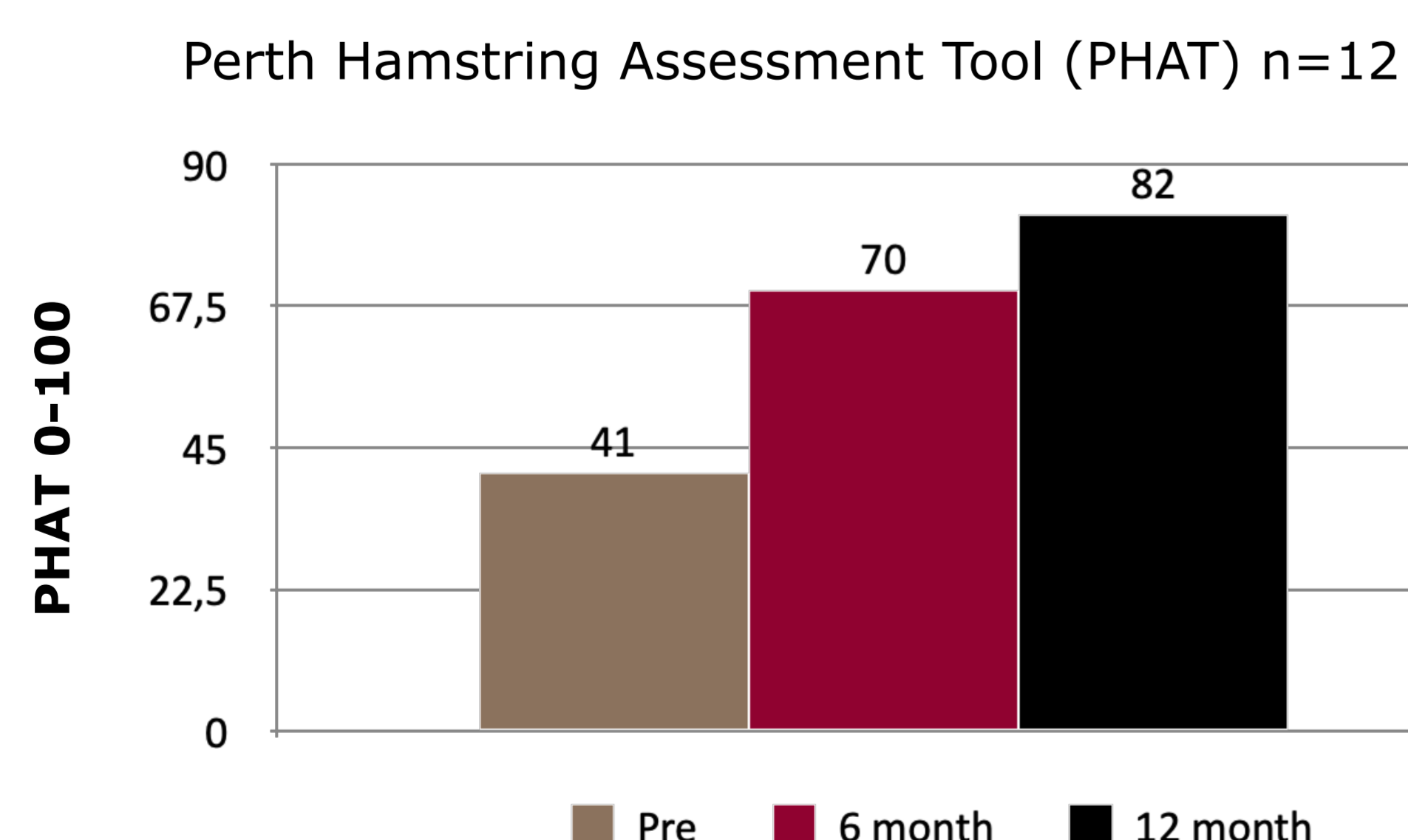
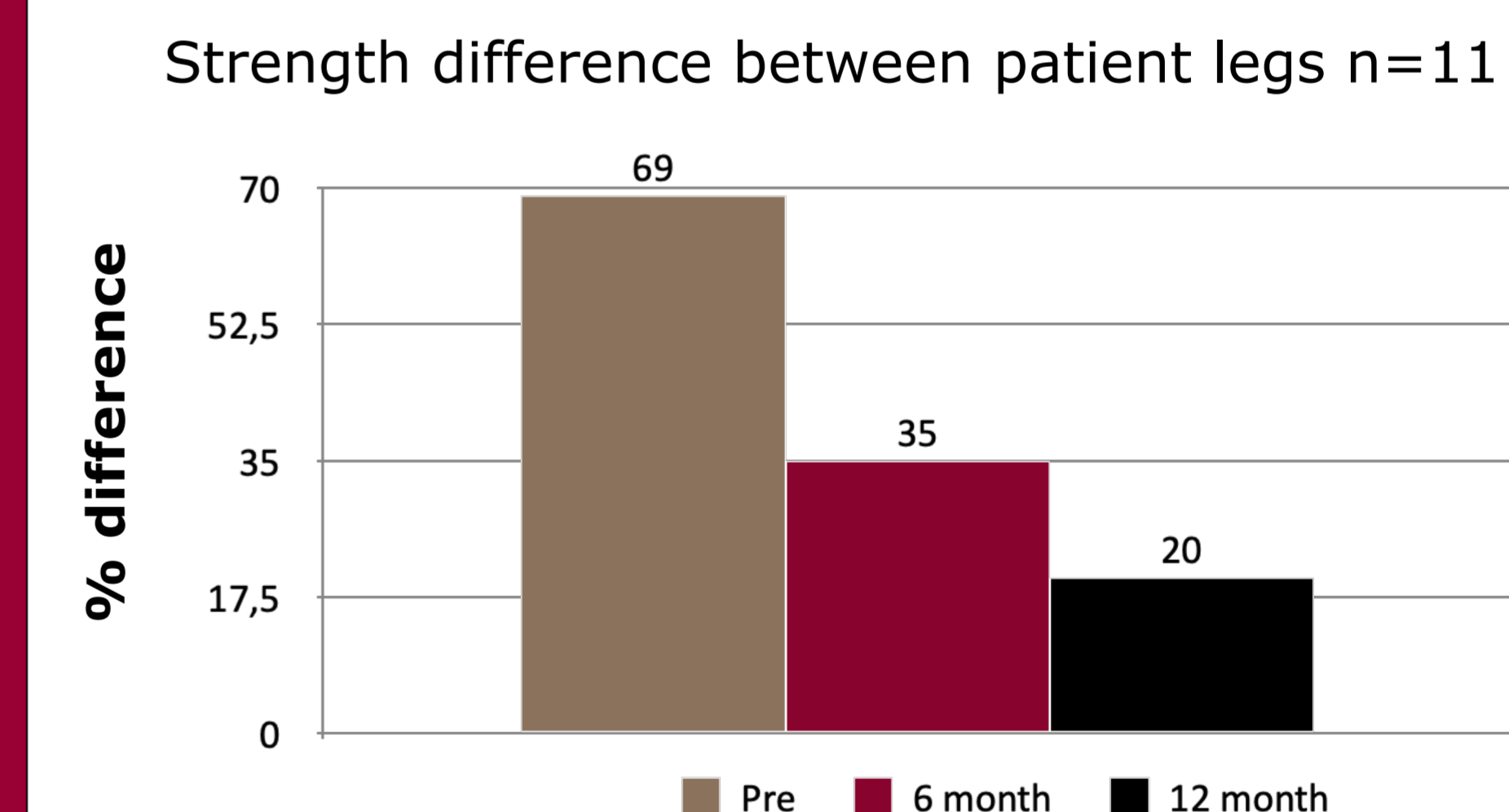
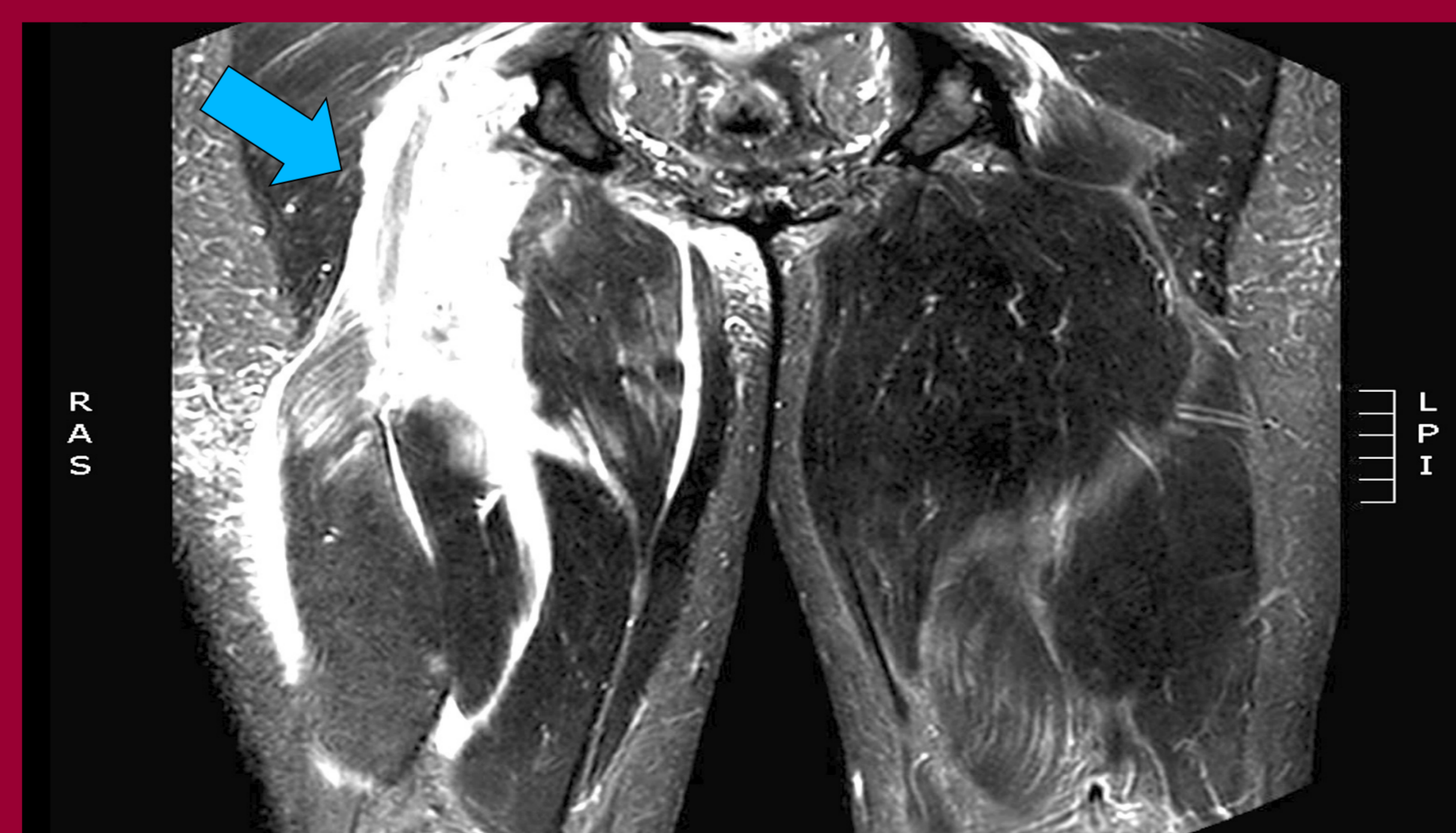
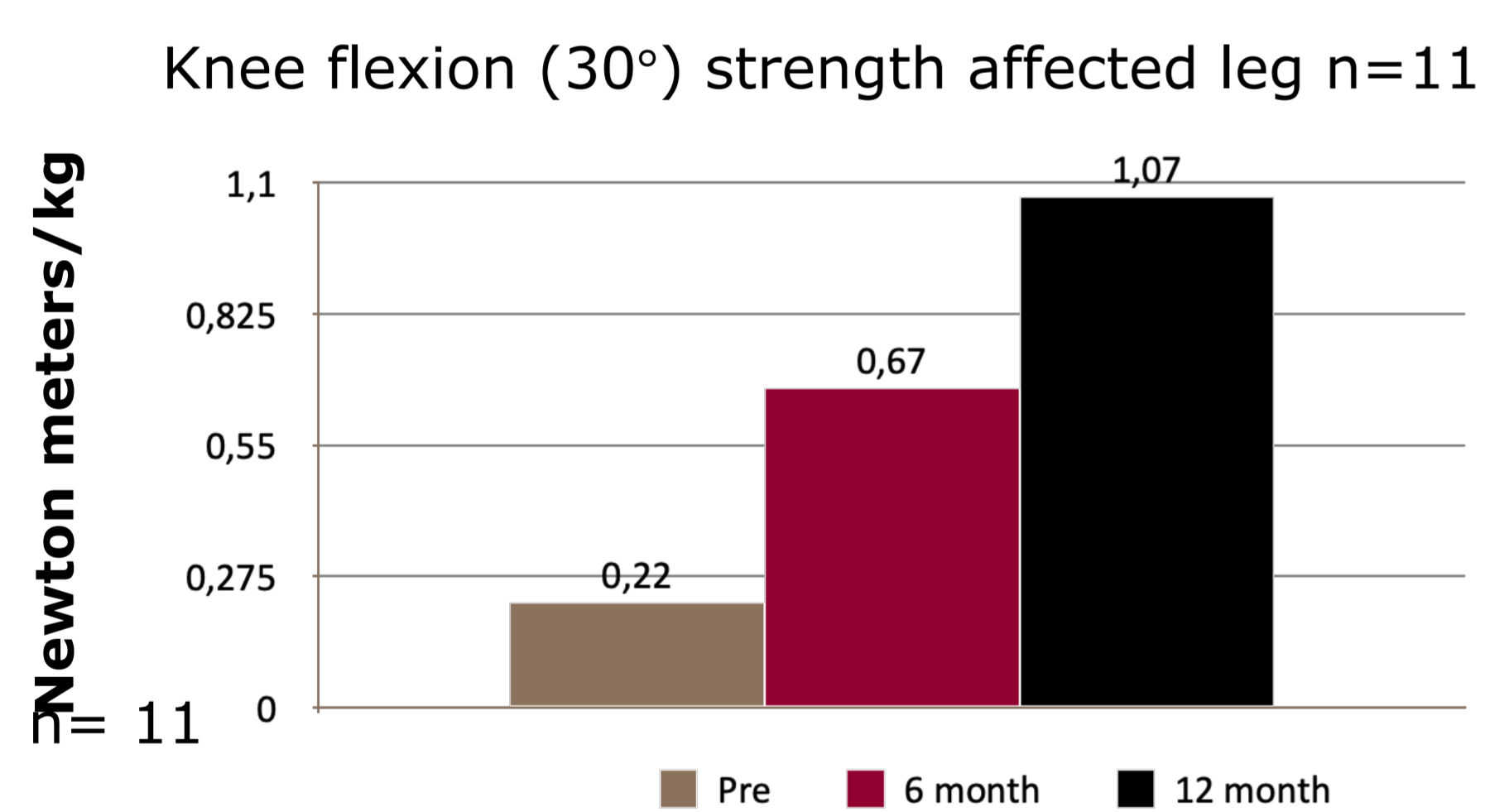


Scan to view operation

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## Results



## Contact information

PT, Kasper Spoorendonk (Email: [kasspo@rm.dk](mailto:kasspo@rm.dk))  
Department of Physio and Occupational Therapy, Horsens Regional Hospital

## Conclusion

After surgical repair of a proximal hamstring avulsion, all patients improved in knee flexion strength, PHAT and VAS after surgery. Furthermore, patients were able to participate in sports.