

Handling Hamstrings and Shin Splints

A Guide for the Coach

You Have a Hamstring Injury – Now What?

- Diagnose and Assess the Injury
- Diagnose and Assess the Injury Cause
- Immediate Treatment
- Continue Training
- Functional Rehabilitation

What's Available

- Injury Causes
- Hamstrings – Decelerators
- High - Medium – Low?
- The Grabbing Hamstring
- Adductor Magnus - The Hamstring Imposter

Causes - Gait Biomechanics

- Anterior Pelvic Tilt
 - Mechanics
 - Lumbar Tightness
 - Hip Flexor Tightness
 - Achieving Proper Posture in Acceleration
 - Predisposition Myths
 - It's a Skill , Not a Condition
 - Overtraining Issues
 - Oversquatting
 - Rounded Backs - Contrasting Training

Dynamic Flexibility



Hurdle Mobility



Low Walks - Scorpius



Causes - Gait Biomechanics

- The Foot and Ankle
 - The Talus
 - The Head of the Fibula
- Diminished Dorsiflexion
 - The Flip Test
 - Mechanics of the Injury
- Solutions
 - Ankle Mobility
 - Possible Adjustment

Causes - Gait Biomechanics

- Weakness - Never!
- Altered Neurology and Biomechanical Disadvantages
- Strength Misconceptions

Continued Training

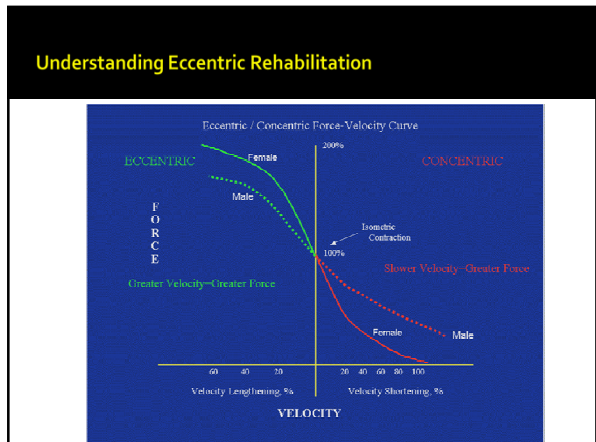
- Stay in the Plan, but Pain Free
- Exercise Alterations
- When Healed....
 - Reteaching
 - Improved Acceleration Patterns
 - Risk Mitigation – Distance Choices in Run Training
 - Avoiding Excessive Running and Bilateral Work

Functional Rehabilitation Guidelines

- Pain Free
- No Stretching at the Injury Site
- Stretching Surrounding Areas
- Functional Movement Based Rehabilitation

Understanding Eccentric Rehabilitation


- Concentric and Eccentric Work
 - Training
 - Competition



- ### Functional Rehabilitation Guidelines
- Progressions
 - Concentric to Eccentric
 - Slow to Fast
 - Exercise Sequence
 1. Walking
 2. Easy Jogging
 3. Jogging
 4. Running
 5. Straight Leg Bounds
 6. Sprinting

- ### Shin Splints
- The Prevention Program**
- Technical Issues
 - Proper Jump Takeoffs
 - Proper Running Mechanics
 - Proper Stopping
 - Arch Supports and Orthotics
 - Exercises
 - Special Walks/Exercises
 - Special Jumps
 - Barefoot Work
 - Proper Periodization of Intensities
 - Cyclical Training
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Shin Splints



Shin Splints

Simple LLC Exercises



Shin Splints

- Pain Management Tools
 - Reestablishing Freedom of Movement
 - Massage
 - Pros/Cons of Heat
 - Pros/Cons of Ice
- Managing Inflammation
 - Drugs
 - Supplements
 - Arnica (Montana)
 - Crystalline Ginger

SAC 
Schexnayder Athletic Consulting

www.sacspeed.com
bschex@sacspeed.com
