

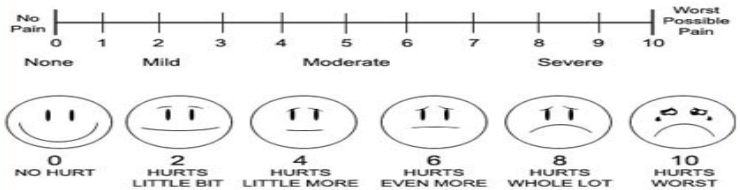
## Aspetar Hamstring Study

<b>Initial Assessment Date:</b> / /20__			
Physio:		Date of Injury:	/ /20__
Sport/Club:		Hours per week:	
Phone:		Height/Weight:	H: W:
Competition level:	Nat. team   Int.athlete   Non-athlete   1.team   2nd team   Youth team		

Label

### Injury History:

Side Injured:	Left	Right				
Dominant limb:	Left	Right				
Sudden Onset?	Yes   No	Yes   No	If no, How?			
Local pain H/string?	Yes   No	Yes   No				
Where did it occur?	Game	Training				
Forced to stop playing within 5 mins?			Yes   No	Able to keep running?	Yes   No	
Walk pain free immediately?			Yes   No	How long until painless walking?	days	
Mechanism:	Sprinting	Kicking/shooting	High kick	Sliding/tackling	Stretching	Other:
Weight bearing leg?	Wt-bear	Non wt.b				



<b>Max. Pain at time of injury?</b>	VAS	/10
<b>Average Pain Today?</b>	VAS	/10

### Previous History:

	Left	Right		
Prev H/S injury:	Yes   No	Yes   No	When?	Absence from sport?
Low Back Pain	Yes   No	Yes   No	Dx, when:	
Knee Injury	Yes   No	Yes   No	Dx, when:	
Groin Pain	Yes   No	Yes   No	Dx, when:	
Calf Injury	Yes   No	Yes   No	Dx, when:	
Other injury/ies:	Yes   No	Yes   No	Dx, when:	
Surgery:	Yes   No	Yes   No	Dx, when:	

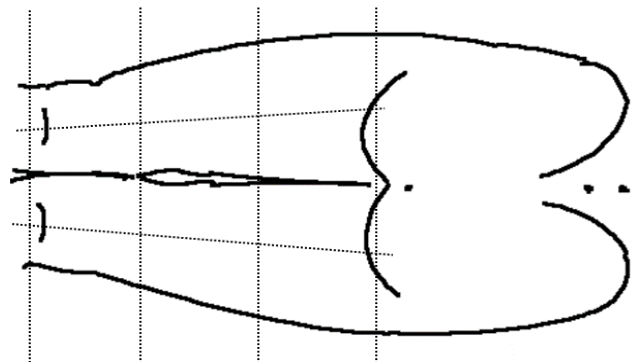
### Physical Exam

Stand Trunk Flexion:	Knee	Mid Shin	Ankles	Floor	Pain   Stretching Pain (i.e.. no pain)		
Walking:	Normal	Antalgic	Needs Aid	Jogging:	Normal	Antalgic	Unable
2 Leg ½ Squat:	No Pain	Pain	Not Able	1 Leg ¼ Squat:	No Pain	Pain	Not Able

### Prone

Tenderness to palpate?	No pain	Mild	Marked
Palpation Pain:	Length: cm	Width: cm	Distance from Ischium cm

<b>Strength:</b>	Uninjured	Injured	
Inner			Pain   No Pain
Mid			Pain   No Pain
Outer			Pain   No Pain
<b>ROM:</b>	Uninjured	Injured	
SLR ROM			Pain   Stretch
PKET			Pain   Stretch
MHFAKE			Pain   Stretch



### Single Leg Bridge (Highest Pain Free number)

1. Reach Start Pos'n	2. 2 Leg Partial Mov't	3. 2 Leg 3 rep's	4. 1 leg 3 rep's	5. 1 leg on step 3 rep's
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### Biodex Uninvolved Leg

Turn page for seat positions

Yes | No

Signature: