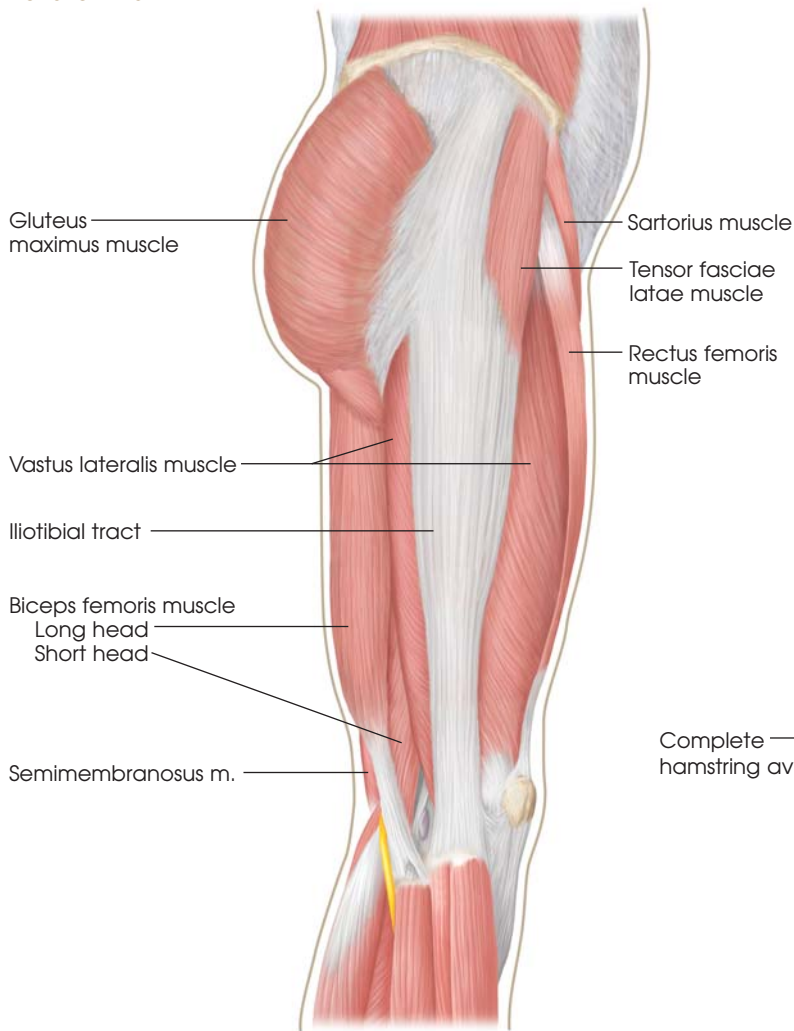
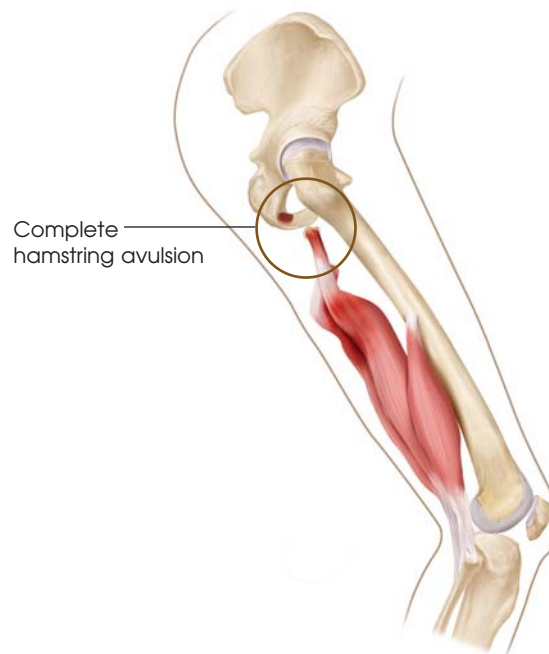


# Hamstring Avulsion Tear

Normal Hip and Thigh Anatomy:  
Lateral View



Hamstring Avulsion Tear



**Hamstring Avulsion Tear** is a complete tear of the hamstring tendon from the pelvis. Tears can be caused by activities which require fast running, jumping or twisting motions such as sprinting, dancing, water skiing and ice skating. Symptoms include extreme pain, bruising and the formation of a hard spot in the back of the thigh.

## Common Treatment Options

- Rest and elevate the injury.
- Apply ice packs to the hamstring for 20-30 minutes every 3-4 hours for the first 2-3 days until the pain goes away.
- Compress the muscle by wearing an elastic thigh wrap.
- Take anti-inflammatory medicine as directed by your doctor.
- Surgery may be required to reattach the hamstring tendon to the pelvis.

Notes:

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Contact information