genesis health light

Treatment Protocol: Hamstring Pull

Protocol Information

Disorder:	Hamstring Pull	Date:	May 4, 2011
Developed By:	Dr. Hao Wu	Reviewed By:	Dr. Paul Ziemer

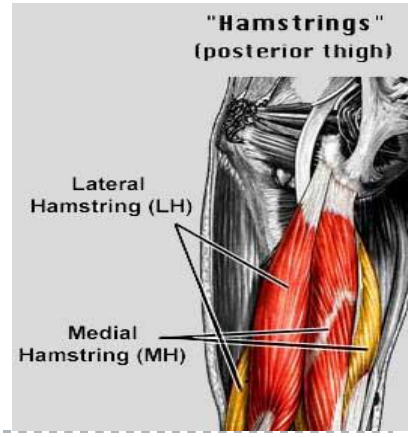
Protocol Description

Disorder Description: Straining of the hamstring, also known as a pulled hamstring, is defined as an excessive stretch or tear of muscle fibers and related tissues. The hamstring refers to any one of the three posterior thigh muscles, or to the tendons that make up the borders of the space behind the knee.

Treatment Position:

1. High light 10 min or Low light 15 min over site of affected muscle;

Note: Because of the size of muscle belly of hamstrings, it may need 2-4 treatments to cover the affected area.



Treatment Protocol: Time: 20mins Position: 2 Light: High Treatment Interval: 1-2 time/day, 2 weeks

Result: ☐ Satisfactory ☐ Acceptable ■ Desirable ☐ Exceptional ☐ Fully healed