

A HAMSTRING INJURY



Leukotape P 3.8cm, one of BSN Medical's rigid strapping tapes, is an extremely versatile material. Because of its structure, although it is a rigid tape, it is able to mould on a surface which is rounded. This makes it the ideal material for a number of applications.

One month previously, a school boy injured his hamstrings. The injury was medial and just below the origin of hamstring at the muscular-tendonous junction.

This rugby player was about to play in the Sanix Under 18 World Rugby Youth Invitational Tournament in Japan. He was vital to the team as he plays centre and is very fast.

He was treated from day one using Leukotape K and other physiotherapy modalities. He kept fit by swimming and running in water and his pain improved considerably. He flew to Japan without having tested his hamstring.

On arrival he was tested and the result was that he could run pain free on condition that he did not swerve sideways. If he did a side step movement, he immediately felt pain at the injury site and medially in the adductor area. He was very depressed.

Using Leukotape P he was strapped in standing and in slight flexion. The tape was used not only for proprioception, but also to restrict hip flexion at the end of range. He was re-tested and felt that there was an improvement. However he could still feel the medial pain.

Two pieces of Leukotape P were then placed at angle from lateral to medial and he was re-tested. His pain had gone. His depression lifted and his confidence in his leg returned.

The team played 6 international games in 8 days. This young player went on to be one of the stars of the tournament.

The application of the taping technique is as follows:

Two anchors of EAB 50mm are used, one around the waist and one around the top of the leg below the injury site.

With the player standing in slight hip flexion, 3 strips of Leukotape P are placed from the top anchor to medially on the bottom anchor.

E.A.B. 50mm is then placed over both anchors to secure the strapping. Please note that if the strapping is not secure at the anchor sites and slips, the Leukotape P strips can be lengthened above and below the original two anchors. Once the second anchors are put in place, the lengthened ends of the tape can be folded back onto the anchors and secured.

Please forward any queries or comments with respect to injuries, techniques or Leuko products to askleuko@bsnmedical.com for advice from the Leuko Strapping Panel, who are members of the South African Society of Physiotherapy. Selected questions will be loaded onto the BSN Medical website www.bsnmedical.co.za for reference purposes.

Refer to the Leuko Strapping Guide for basic guidelines.

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