Hamstring Injury – Football

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HISTORY: A 15 year old male sustained a posterior leg injury while playing football in August 2014. He is unable to recall the exact mechanism of injury, however, he noted pain in the buttock region and into the posterior aspect of the left leg. Patient was subsequently evaluated by orthopedics. X-rays demonstrated hamstring avulsion off the ischial tuberosity, and patient was advised to undergo surgical repair. Patient elected to avoid surgery, and started a formal rehabilitation program. Symptoms subjectively improved with therapy, however, have not resolved. Patient now denies any pain at rest, but does report pain while sitting and when participating in sport-related activity. Specifically, pain is exacerbated with running and while flexing the hip. Pain is sharp, shooting, and burning in nature and radiates down the posterior aspect of the left leg.

PHYSICAL EXAMINATION: Normal gait. Normal inspection. ROM equal and symmetric bilaterally. Hamstring tightness noted with popliteal angle 35 degrees bilaterally. No tenderness to palpation over the hip or pelvis. Strength intact and symmetric bilaterally to hip flexion, extension, adduction, abduction. FABER/FADIR negative. Pain exacerbated with strait leg raise on the left as well as with forward flexion of the hip. Neurovascular exam unremarkable. Reflexes intact and symmetric bilaterally.

DIFFERENTIAL DIAGNOSIS: 1. Residual pain from hamstring avulsion 2. Stress reaction of the pelvis 3. Herniated disc in the lumbar spine 4. Piriformis syndrome 5. Sciatic nerve entrapment from scar tissue

TESTS AND RESULTS: Prior MRI was reviewed which demonstrated acute hamstring avulsion off the ischial tuberosity, less than 10 mm separation. New radiographs were obtained and compared to prior studies. New radiographs demonstrate chronic avulsion type injury with increased heterotrophic bone formation.

FINAL/WORKING DIAGNOSIS: Chronic hamstring avulsion with heterotrophic bone formation which is compressing the sciatic nerve.

TREATMENT AND OUTCOMES: Surgery performed to decompress sciatic nerve and repair chronic hamstring avulsion.