

Accepted Manuscript

Can we spread the risk? A demand-share perspective to sustained hamstring health.
Practical examples

Lincoln Blandford, Warrick McNeill, Ingrid Charvet



PII: S1360-8592(18)30163-3

DOI: [10.1016/j.jbmt.2018.06.002](https://doi.org/10.1016/j.jbmt.2018.06.002)

Reference: YJBMT 1707

To appear in: *Journal of Bodywork & Movement Therapies*

Please cite this article as: Blandford, L., McNeill, W., Charvet, I., Can we spread the risk? A demand-share perspective to sustained hamstring health. Practical examples, *Journal of Bodywork & Movement Therapies* (2018), doi: 10.1016/j.jbmt.2018.06.002.

This is a PDF file of an unedited manuscript that has been accepted for publication. As a service to our customers we are providing this early version of the manuscript. The manuscript will undergo copyediting, typesetting, and review of the resulting proof before it is published in its final form. Please note that during the production process errors may be discovered which could affect the content, and all legal disclaimers that apply to the journal pertain.

JBMT Practical Paper

Can we spread the risk? A demand-share perspective to sustained hamstring health. Practical examples.

Authors

Lincoln Blandford*, Performance Matrix Accredited Tutor, BSc Hons.

Movement Performance Solutions Ltd, The Quorum, Bond Street South, Bristol, BS1 3AE,
UK E-mail address:

Lincoln@theperformancematrix.com

Warrick McNeill, Dip.Phty. (NZ) MCSP

Physioworks, 53 Wimpole Street, London W1G 8YH, UK E-mail address:
warrick@physioworks.co.uk.

Ingrid Charvet, PhD

Department of Civil, Environmental & Geomatic Engineering, University College London,
WC1E 6BT, UK E-mail address:

i.charvet@ucl.ac.uk

* Corresponding Author

Abstract

This short practical paper gives examples of exercises of synergists that assist the biceps femoris long head, the most commonly injured hamstring muscle in repeated sprint field sports (soccer, rugby) with the aim of reducing risk of or recurrence of injury. It is a companion to the theoretical piece of the same name.

Keywords

Hamstring injury, Biceps femoris long head, soccer injury, motor abundance, synergies

Introduction

Download English Version:

<https://daneshyari.com/en/article/8559066>

Download Persian Version:

<https://daneshyari.com/article/8559066>

[Daneshyari.com](https://daneshyari.com)