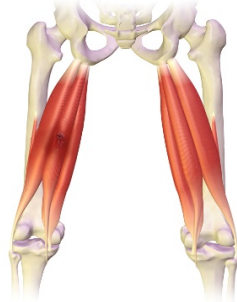


Hamstring Muscle Bleed

Location: Back of upper leg starts at pelvis attaching below the knee



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Actions

Bends the knee

Stabilize Pelvis when reaching

Helps move leg back



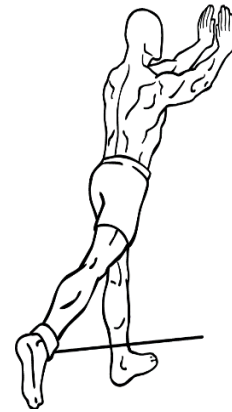
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Activity Limitations/Recommendations

Limit straightening the knee

Don't stand or walk on the leg

Don't use the leg to stand up or sit down

Use crutches or wheelchair to get around: Toe-Touch Weight Bearing

Avoid reaching down towards your feet while sitting or standing

Signs of Nerve and Circulation Damage: Seek Medical Attention ASAP

Severe Pain

Severe Swelling

Skin Feels Cool

Numbness

Tingling or Prickling

Leg Feels Asleep

Loss of Strength

Unable to tighten muscle

Leg Feels Weak