



# CIBD

Center For Inherited Blood Disorders

CIBD Clinic  
1010 W La Veta Ave  
#670  
Orange, CA 92868  
P: 714-221-1200  
F: 714-221-1299

info@c3dibd.org

## Hamstring Muscle Bleed

### Location:

Back of upper leg

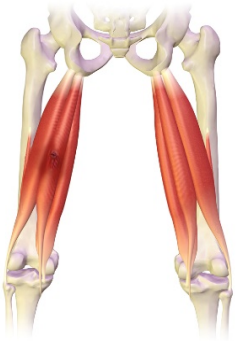
Starts at pelvis attaching below the knee

### Actions

Bends the knee

Helps move leg back

Stabilize pelvis when reaching



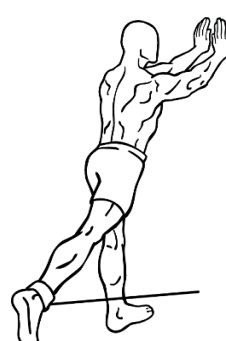
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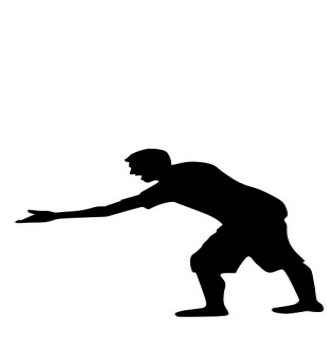
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### Activity Limitations/Recommendations

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