



HAMSTRING STRAIN INJURY REHABILITATION: WHAT DOES THE EVIDENCE SUGGEST?

Learning Objectives

1. Recognize the role of the hamstrings in movement, including hip extension and knee flexion.
2. Explain treatment interventions at each phase of recovery to promote healing and minimize re-injury risk.
3. Prepare and progress therapeutic exercises to incorporate eccentric muscle action and enhanced muscle length.
4. Employ a return-to-activity plan that incorporates functional movements and outcome measures to track recovery progress.

Schedule and Format

- Wednesday, March 26, 2025; 12-1:00pm

Cancellation/Refund Policy

- None. No payments necessary.



Oklahoma State University Center for Health Sciences Office of Continuing Medical Education (BOC AP#: P12117) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers (ATs). This program is eligible for a maximum of (1.00) Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.

Aric Warren, PhD,
LAT, ATC, CSCS,
CES, TSAC-F

NO REQUIRED
MATERIALS OR
EQUIPMENT

1-HOUR CATEGORY A
CEU AVAILABLE

TSET Grant
NO FEES

SESSIONS ARE
VIRTUAL VIA ZOOM

OSU CENTER FOR
HEALTH SCIENCES

1111 W 17th St
Tulsa, OK 74107
918-561-8255

Register:

<https://redcap.okstate.edu/surveys/?s=3KY39MLMMHKCCHMY>

Website

<https://medicine.okstate.edu/echo/at-sm-echo.html>