

TABLE 1: Risk factors and factors not associated with hamstring injury



TABLE 2: MRI scoring system based on age and MRI findings with <10 points correlating with rapid return to play (<1 week) and >15 points indicating prolonged return to play (>3 weeks). (reproduced with permission from Ahmad CS, Redler LH, Ciccotti MG, Maffulli N, Longo UG, Bradley J. Evaluation and management of hamstring injuries. Am J Sports Med. 2013 Dec;41(12):2933-47.)2



TABLE 3: Authors’ estimation of return to play from MRI findings based on Cohen et al.’s study of 2 NFL teams with 43 injuries (reproduced with permission from Cohen SB, Towers JD, Zoga A, et al. Hamstring injuries in professional football players: magnetic resonance imaging correlation with return to play. Sports Health 2011;3:423-30.)8



TABLE 4: The authors preferred in season treatment of hamstring injuries based on MRI