**Narrative descriptions of the cases**

Case 1:

A 20-year-old professional male soccer player suffered an acute hamstring injury during a game. The athlete received the ball and started sprinting while the opponent pushed the athlete’s shoulder forcing him to the position of trunk flexion causing excessive stretch to the hamstring muscles. During this action, the athlete felt a sudden pain in his right proximal hamstrings.

Case 2:

A 21-year-old professional male soccer player suffered an acute hamstring injury during a game. He started to sprint at maximal speed to reach the through pass from his team mate. At high-speed running, he felt a sudden pain in his proximal right hamstring and fell to the ground.

Case 3:

A 29-year-old professional male soccer player suffered an acute hamstring injury during a game. He was running at maximal speed towards his own team’s goal line to prevent the opponent from receiving the through pass. During high-speed running, he felt a sudden pain in his proximal right hamstring, started limping, and fell to the ground.

Case 4:

A 21-year-old professional male soccer player suffered an acute hamstring injury during high-speed running while he was dribbling the ball. The athlete made a slight change of direction to the right and felt a sudden pain in his right proximal hamstrings.

Case 5:

A 22-year-old professional male soccer player suffered an acute hamstring injury during sprinting and changing direction. The athlete was dribbling the ball at a high speed when he made a rapid change of direction to the left while moving the ball from right foot to left foot with right back-heel. Before the rapid change of direction, the athlete extended his right knee and flexed his right hip in order to reach the ball with his back-heel, which led to elongation of the hamstring muscles. During this action the athlete felt a sudden pain in his right hamstring.

Case 6:

A 24-year-old professional soccer player suffered an acute hamstring injury during a game. He was dribbling the ball and challenging the opponent while moving to the right. He suddenly touched the ball with the right foot and changed his direction to the left. During the quick deceleration he felt a sudden pain in his right distal hamstring.

Case 7:

A 31-year-old professional soccer player suffered an acute hamstring injury during a game. He changed the direction during running to reach the ball, until he slipped with the leg foot and lost his balance. He uncontrollably ended up in position of powerful trunk flexion, simultaneously running forward. During a step with his left leg, he felt a sudden pain in his left proximal hamstring and fell to the ground.

Case 8:

A 24-year-old professional male soccer player suffered an acute hamstring injury during a game. The athlete crossed the ball with his right foot. Then he ended up in a position with the trunk flexed and rotated to the left, combined with a stretching movement of the left leg with a hip flexion and knee extension. During this action, the athlete felt a sudden pain in his left hamstrings.

Case 9:

A 20-year-old professional soccer player suffered an acute hamstring injury during a game. He was running at high speed with the ball rolling in front of him. To keep the ball on the field he kicked the ball backward-directed with his left heel. During the ball contact, he felt a sudden pain in his proximal left hamstring.

Case 10:

A 37-year-old professional soccer player suffered an acute hamstring injury during a game. He was sprinting towards his own goal to prevent the opponent from scoring. He was approaching to kick the ball to clear it to the side until he slipped his supporting leg leading to lost balance and hyperflexion of his right knee. During this slip, he felt a sudden pain in his supporting leg (right) distal hamstring.

Case 11:

A 21-year-old professional soccer player suffered an acute hamstring injury during a game. He was playing in a defensive line and tried to clear the ball from the air. He kicked the ball with his right foot, during of which he felt a sudden pain in his distal hamstring and had to quit playing.

Case 12:

A 28-year-old professional male soccer player suffered an acute hamstring injury during a game. The athlete jumped into the air to reach the ball with his head. After powerful upper body contact with the opponent in the air, the athlete uncontrollably ended up in a position with a forceful forward flexion of the right hip with the ipsilateral knee in extension, thereby violently overstretching and eccentrically contracting the hamstring muscles. The athlete landed on his buttock inducing the hamstring muscles to rapidly stretch and eccentrically contract even more thus increasing the total energy of the injury.

Case 13:

A 28-year-old professional male soccer goalkeeper suffered an acute hamstring injury during a training session. The athlete slipped during a sudden turn while controlling the ball, which made him lose balance on his movement. Then he reached the ball with his right foot ending rapidly in a sagittal split position with excessive hip flexion combined with extended knee. At the onset of injury, the athlete felt a sudden pain in his proximal hamstrings of the front leg.

Case 14:

A 20-year-old professional male soccer player suffered an acute hamstring injury during a game. He was shielding a ball and battling with the opponent who was behind him. Due to contact with the opponent, the player lost his balance and was forced to sagittal split position with the left hip flexed and knee extended. The opponent was bearing his weight on the player, during of which he felt a sudden pain in his proximal hamstring of the front leg.