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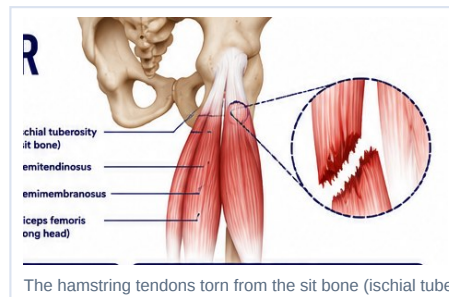
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HIP CONDITION

Proximal Hamstring Tear

Hamstring Origin Tendon Tear — Patient Condition Guide



The hamstring tendons torn from the sit bone (ischial tuberosity) - for education; your anatomy may differ

OVERVIEW

A proximal hamstring tear occurs where the hamstring tendons attach to the pelvis (ischial tuberosity), typically caused by a forceful stretching injury such as sprinting, water skiing, or an athletic slide.

ANATOMY

The hamstring muscles originate from the ischial tuberosity, the bony prominence at the base of the pelvis. Tears here range from partial strains to complete avulsions, where the tendon fully detaches from the bone.

SYMPTOMS

- A sudden, sharp pain in the buttock or upper thigh during activity
- Bruising down the back of the thigh over the following days
- Difficulty sitting due to pain at the sit bone
- Weakness with bending the knee or extending the hip

DIAGNOSIS

Exam assesses strength and tenderness at the ischial tuberosity. MRI confirms tear severity and the degree of tendon retraction, both important for deciding on treatment.

TREATMENT OPTIONS

Partial tears with minimal retraction are often treated non-surgically with progressive physical therapy. Complete tears with significant retraction, especially in active patients, are typically repaired surgically to reattach the tendon to bone.

RECOVERY TIMELINE

- Weeks 0–6: protected weight-bearing with limited hip flexion
- Months 2–4: progressive strengthening
- Months 4–7: sport-specific training

— Months 7–9: return to running and cutting sports

FAQS

Q Do all hamstring tears need surgery?

No — many partial tears heal well with structured physical therapy; surgery is generally reserved for complete tears with significant retraction.

Q Why does sitting hurt so much?

The torn tendon attaches right at the sit bone, so direct pressure from sitting can be quite uncomfortable until it heals.



SCAN FOR THE LATEST VERSION ONLINE

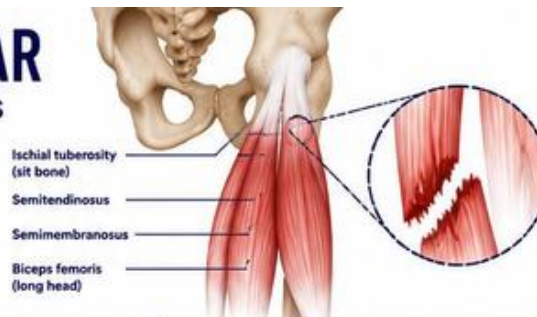
robertpettitmd.com/handouts/proximal-hamstring-tear.pdf

This handout is for general patient education and does not replace personalized medical advice. Always follow the specific instructions given by Dr. Pettit and your care team.

PROXIMAL HAMSTRING TEAR

UNDERSTANDING YOUR INJURY & TREATMENT OPTIONS

The hamstring muscles (semitendinosus, semimembranosus, and biceps femoris) originate from the sit bones (ischial tuberosity) at the back of your pelvis. A proximal hamstring tear occurs when one or more of these tendons partially or completely tear away from the bone. This injury can cause pain, weakness, and difficulty with sitting, running, and bending at the hip.



ANATOMY: THE TEAR

A proximal hamstring tear occurs when the tendon(s) pull away from the ischial tuberosity (sit bone).



HOW IT HAPPENS

A sudden, forceful pull or overstretch of the hamstring tendon near its attachment can cause a partial or complete tear at the bone.



Sprinting or acceleration



Sudden stretch (extension)



Fall or direct trauma

COMMON SYMPTOMS



Pain deep in the buttock



Pain with sitting, especially on hard surfaces



Weakness in the hamstring



Bruising in the buttock or upper thigh



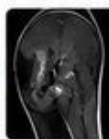
Difficulty walking, running, or climbing stairs

DIAGNOSIS

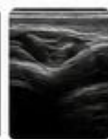
Your doctor will perform a physical exam and may order imaging to confirm the diagnosis and determine the severity of the tear.



Physical Exam
Assess pain, strength, and function



MRI
Best test to confirm tear and determine severity



Ultrasound
May be used to diagnose and monitor healing

TEAR TYPES (Grading)



Grade 1 – Mild (Partial Tear)

Small number of fibers are torn but tendon remains attached.



Grade 2 – Moderate (Partial Tear)

More fibers are torn but some tendon is still attached.



Grade 3 – Severe (Complete Tear)

Tendon completely tears away from the bone.

WHO IS AT RISK?



Athletes involved in running, sprinting, or kicking sports (soccer, football, track)



Active adults 30-60 years old



People who sit for long periods (seated puts more stress on the healing tendon)



Older adults or those with tendon degeneration



Previous hamstring injuries

TREATMENT OPTIONS

1. NON-SURGICAL TREATMENT (Most Partial Tears)

- ✓ Rest and activity modification
- ✓ Avoid sitting on hard surfaces
- ✓ Physical therapy – focus on gentle stretching, strengthening, and gradual return to activity
- ✓ Ice and anti-inflammatory medications as needed
- ✓ Bracing or cushion when sitting



GOAL: Reduce pain, restore strength and flexibility, and return to activities without surgery.

2. SURGICAL TREATMENT (For Complete Tears or Certain High-Grade Partial Tears)

Surgical repair reattaches the torn tendon(s) to the ischial tuberosity using suture anchors or other fixation devices.



GOAL: Restore tendon attachment and strength to return to normal function and activity.

3. POST-OPERATIVE REHABILITATION (Typical Timeline)

- 0-2 WEEKS**
Protection, pain control, gentle range of motion. Usually non-weight bearing or partial weight bearing.
- 2-6 WEEKS**
Gradual increase in range of motion and begin light strengthening.
- 6-12 WEEKS**
Progressive strengthening and balance training.
- 3-6 MONTHS**
Advanced strengthening, running progression when cleared.
- 6+ MONTHS**
Return to sport or full activity when strength and flexibility are restored.

EXERCISES THAT CAN HELP (As Directed by Your Therapist)

GLUTE BRIDGE



HAMSTRING SET (ISOMETRIC)



PRONE HAMSTRING CURL



STANDING HIP EXTENSION



NERVE GLIDES



CORE STABILITY



PREVENTION TIPS

- ✓ Warm up properly before activity
- ✓ Gradually increase training intensity
- ✓ Maintain good flexibility and strength
- ✓ Avoid prolonged sitting; take breaks
- ✓ Use proper technique in sports and training



WHEN TO SEEK IMMEDIATE CARE

- Sudden, severe buttock pain after activity
- Inability to walk or bear weight
- Large bruise or swelling in buttock
- Numbness, tingling, or weakness in the leg



Scan for exercise videos and more information about proximal hamstring tears.



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This information is for educational purposes only and is not a substitute for professional medical advice. Always follow your doctor or therapist's instructions, etc.