

Efficacy of Extracorporeal Shockwave Therapy Combined with Cryostretch for the Treatment of Hamstring Tendinopathy

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Abstract

Introduction: Hamstring tendinopathy, a prevalent musculoskeletal disorder characterized by pain and dysfunction in the hamstring tendons, commonly affects athletes and individuals engaged in physical activities, stemming from repetitive overuse or sudden excessive strain. Hamstring tendinopathy among athletes can range from 8% to 25%, depending on the sport and level of competition.

Methods: A sample of 20 subjects with hamstring tendinopathy were selected for the study. Based on the inclusion and exclusion criteria the participants were randomly allocated into cryostretch group (n=10) and conventional group (n=10). The cryostretch groups receive eswt along with 15 minutes of cryotherapy (using ice packs) followed by 15 minutes of static stretching targeting the hamstring muscles. The conventional group will receive eswt along with static stretching targeting the hamstring muscles. The visual analog scale (VAS) is used to assess the pain reduction and hamstring outcome score (HOS) is used to assess the functional improvement.

Results: Both the groups showed significant pain reduction and functional improvement. The cryostretch group difference is statistically significant ($p=0.05$) when compared to conventional group.

Conclusion: Combining eswt with cryostretch presents a promising approach for managing hamstring tendinopathy, offering superior pain relief, functional enhancement when compared conventional group.