



Hamstrings, Tight Hamstrings

By Victoria L Magown

Yes, hamstrings so tight that they cause buttocks pain after sitting for a while. Hamstrings so tight that they pull the “Sit Bone” (Ischial Tuberosity) down and give you low back and/or hip pain.

You have them treated and released, and they tighten up again the next day. You stretch and stretch, but the tightness never subsides.

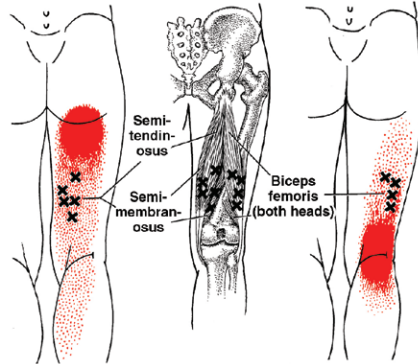
What’s going on? Why won’t they ever relax and let go? Well, there may be a couple of reasons.

Please consider the position in which you sit. For those of you who “tuck” your feet under the chair when sitting, this is one of the primary reasons for tight, shortened hamstring muscles.

While tucked, if you are “on toe” like a ballerina with the heels raised off the floor, you will probably have very tight, shortened calf muscles also. You may even experience a

hamstring “Charlie Horse” or calf cramps in the middle of the night while sleeping.

These dysfunctional postures are called *Perpetuating Factors*. As long as you continue to sit in dysfunctional postures, you will *perpetuate* the tight, shortened hamstring muscles no matter how often they are treated or you stretch them.



Now, assume you are very good about your sitting posture and are sitting like a lady and gentlemen with your knees at 90°, feet flat on the floor. You have had multiple treatments to no avail. The tight hamstrings and buttocks pain continues.

Often times, the antagonist, quadriceps opposite to the tightened, shortened hamstring muscles are even tighter and more shortened than the hamstrings. They are having a fight with the hamstrings as the body is trying to find balance. The front and back of the thighs need to be balanced and since we do everything forward, usually the quadriceps are stronger and win.

So after treating Lisa’s hamstring muscles twice with only slight improvement, I tested her quadriceps and found they were very restricted. After releasing the quadriceps and stretching, Lisa’s hamstrings fully released past 90° to 110°.

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