# Article information:

A Multifactorial, Criteria-based Progressive Algorithm for H... : Medicine & Science in Sports & Exercise
[https://journals.lww.com/acsm-msse/Fulltext/2017/07000/A\_Multifactorial,\_Criteria\_based\_Progressive.25.aspx](https://journals.lww.com/acsm-msse/Fulltext/2017/07000/A_Multifactorial%2C_Criteria_based_Progressive.25.aspx)

# Article summary:

1. Hamstring strain injuries are the most common injury in football and can result in significant performance and financial loss to teams due to player unavailability.

2. Current rehabilitation protocols for hamstring injuries do not place enough emphasis on programming and sequencing of training loads or performance-related factors necessary for unique sporting demands.

3. A multifactorial, individualized, criteria-based algorithm approach to hamstring injury rehabilitation may be more effective in minimizing the risk of reinjury and increasing player availability and performance compared to a general rehabilitation protocol.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

The article discusses the high prevalence of hamstring strain injuries in football and the need for effective rehabilitation programs to minimize the risk of reinjury. The authors argue that current rehabilitation protocols do not place enough emphasis on programming and sequencing training loads or performance-related factors necessary to prepare players for unique sporting demands. They propose a multifactorial, individualized, criteria-based algorithm approach to hamstring injury rehabilitation that takes into account biological tissue repair principles, main injury mechanisms, and multiple risk factors associated with hamstring strain.

While the proposed algorithm approach seems promising, there are some potential biases and limitations in the study design. Firstly, the study only included male semiprofessional football players with acute grade I hamstring strain injuries. This limits the generalizability of the findings to other populations or injury severities. Additionally, while randomization was used to allocate participants to either the rehabilitation algorithm or general protocol group, blinding was not possible due to differences in treatment approaches.

Furthermore, while the authors argue that current rehabilitation protocols do not place enough emphasis on programming and sequencing training loads or performance-related factors, they do not provide evidence to support this claim. It is also unclear how their proposed algorithm approach addresses these issues more effectively than existing protocols.

The study's outcomes focused on number of reinjuries, time to return to play, and sprint performance and associated mechanical outputs. While these are important measures for football clubs, they may not capture all aspects of successful rehabilitation or player health.

Overall, while the proposed algorithm approach shows promise for improving hamstring injury rehabilitation in football players, further research is needed to confirm its effectiveness and address potential biases and limitations in study design.

# Topics for further research:

* Evidence-based rehabilitation protocols for hamstring strain injuries in football
* Performance-related factors in hamstring injury rehabilitation
* Biomechanical factors associated with hamstring strain injuries
* Individualized rehabilitation programs for football players
* Long-term outcomes of hamstring injury rehabilitation in football
* Prevention strategies for hamstring strain injuries in football

# Report location:

<https://www.fullpicture.app/item/8d4b26ba2ea4623c1079801f888dbcba>