

A 22 year-old female professional sprinter with right hamstring pain treated with Sacro Occipital Technique (SOT) and other procedures: A case report

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Introduction: A 22 year-old female professional sprinter presented with right hamstring pain that was insidious in onset; pain was felt at the upper insertion point of the hamstring, centrally located. The patient had initially consulted a Rolfer without any change in her symptoms.

Methods/Intervention: The patient was found to have a weak right *gluteus maximus* and weak right hip flexor complex (anterior straight leg raise with resistance) after muscle testing of her low extremity musculature. Other relevant findings include pelvic torsion and leg length discrepancy in the supine and prone positions, a positive arm fossa test, and spinal rotation and lateral tipping in her lumbar spine. The patient was treated with sacro occipital technique category two protocols alongside Vector Point category two protocols, and neuro-lymphatic points associated with the right *gluteus maximus*.

Results: Following treatment the patient's right *gluteus maximus* and right hip flexor complex tested strong, and no pain was noted in her right hamstring. After following up with the patient one week later she was practicing and training without restriction or any pain.

Conclusion: Professional athletes are stressing their musculoskeletal systems at extreme levels which can complicate their ability to train and function when compromised. Conservative low risk options such as chiropractic are valuable considerations for patients wanting to recover and teams wanting to be successful in competitions.

Indexing terms: Chiropractic; hamstring; gluteus maximus; Category Two protocols; sacro-occipital technique



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