

## **Abstract**

**Title:** Physiotherapeutic Approaches for Hamstring Injuries in Runners and Long Jumpers

**Objectives:** The aim of this thesis is to evaluate which physiotherapy modalities are most effective in runners and long jumpers who have sustained hamstring injuries.

**Methods:** Literature sources of the thesis were searched in Pubmed, Web of science, Scopus, Medline, PEDro, SportDiscus, Google Scholar. The first part of the thesis contains the current state of the problem and the theoretical background of hamstring injuries in runners and long jumpers. The second part has a descriptive-analytical character. It contains an analysis of a study that meets the established criteria and compares two rehabilitation protocols in the treatment of hamstring injuries, one containing conventional exercises and the other focusing on eccentric hamstring strengthening.

**Results:** Due to the inclusion of one study, it is not possible to evaluate the results based on the literature search and clearly determine which physiotherapy approach is the most effective. However, the study did demonstrate greater effectiveness of therapy in athletes included in the group undergoing a rehabilitation protocol that focused on eccentric hamstring contractions.

**Keywords:** hamstrings, ischiocrural muscles, m. biceps femoris, m. semitendinosus, m. semimembranosus, injury, tear, rupture, physiotherapy, rehabilitation, treatment, return to sport, return to play, running, runners, running, jumping, jumpers