BIOL 2401

CLINICAL CASE

Chapter 11 The Weekend Warrior (pgs 333 and 384)

*Read the Clinical Case on page 333 and the Wrap Up on page 384. Be prepared to discuss the topic in class.*

*Resource:* [*http://en.wikipedia.org/wiki/Hamstring*](http://en.wikipedia.org/wiki/Hamstring)

Discussion Questions

What other muscle, in addition to the hamstrings, assists in flexing the knee?

Why does flexing the knee help to bring the avulsed hamstring tendons back up to the ischial tuberosity?

Further Discussion

What muscles make up the hamstrings?

Does the group act as an agonist, antagonist or a synergist?

In what daily activities are the hamstrings important?

With what muscle actions are the hamstrings involved?

What exercises might develop the hamstrings?