

AB086. SOH22ABS184. London International Consensus on Hamstring The 2020 London International Hamstring Consensus meeting was convened to improve our understanding and treatment of hamstring injuries

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Background: The multidisciplinary consensus panel included 14 International specialists on the management of hamstring injuries.

Methods: The Delphi consensus process consisted of two rounds of surveys which were completed by 19 surgeons from a total of 106 participants. Consensus on individual statements was regarded as over 70% agreement between panel members.

Results: The consensus group agreed that the indications for operative intervention included the following: gapping at the zone of injury (86.9%); high functional demands of the patient (86.7%); symptomatic displaced bony avulsions (74.7%); and proximal free tendon injuries with functional compromise refractory to non-operative treatment (71.4%). Panel members agreed that surgical intervention had the capacity to restore anatomy and function, while reducing the risk of injury recurrence

(86.7%). The consensus group did not support the use of corticosteroids or endoscopic surgery without further evidence.

Conclusions: These guidelines will help to further standardise the treatment of hamstring injuries and facilitate decision-making in the surgical treatment of these injuries.

Keywords: Consensus; hamstring; operative fixation; sports injury; classification

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Footnote

Conflicts of Interest: The authors have no conflicts of interest to declare.

Ethical Statement: The authors are accountable for all aspects of the work in ensuring that questions related to the accuracy or integrity of any part of the work are appropriately investigated and resolved.

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