

AB190. SOH22ABS191. Operative repair of hamstring injuries from the Jackling position in rugby

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Background: The Jackling position within rugby has not been previously described as a mechanism for proximal hamstring injuries.

Methods: This prospective single surgeon study included 54 professional rugby players (mean age 26±4.8 years) undergoing acute primary surgical repair of complete, proximal hamstring avulsion injuries confirmed on preoperative magnetic resonance imaging. All study patients underwent a standardised postoperative rehabilitation programme. Predefined outcomes were recorded at regular intervals. Mean follow-up time was 17 months (range, 12 to 24 months) from date of surgery.

Results: A total of 51 patients (94.4%) returned to their pre-injury level of sporting activity. Mean time from surgical repair to full sporting activity was 7 months (range, 4 to 12 months). Zero patients had recurrence of the primary injury. At 1 year after surgery compared to 3 months after surgery, patients had increased mean isometric hamstring muscle strength at 0° (98.4%±2.8% *vs.* 88.1%±5.4%, $P<0.001$), 15° (95.9%±2.9% *vs.* 88.2%±8.1%, $P<0.001$) and 45° (92.9%±4.1% *vs.* 76.8%±9.7%, $P<0.001$), higher mean lower extremity functional scores (77.0±2.3 *vs.* 64.5±4.5, $P<0.001$), and improved Marx activity rating scores (14.3±1.5

vs. 10.7±2.6, $P<0.001$).

Conclusions: Acute surgical repair of proximal hamstring avulsion injuries caused by the contact Jackling position produces high patient satisfaction, high return to preinjury level of sporting activity, with low risk of recurrence at short-term follow up.

Keywords: Hamstring; operative fixation; Jackle position; muscle strength; return to sport

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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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