

# HAMSTRING

*Meaning: Hamstring (noun): a group of muscles located at the back of the thigh that are responsible for bending the knee and extending the hip.*

1. The athlete felt a sharp pain in her leg after she suddenly changed direction, and the doctor confirmed it was a hamstring injury.
2. To improve his running speed, he focused on strengthening his hamstring muscles through targeted exercises.
3. During the game, he pulled his hamstring while sprinting for the ball, forcing him to leave the field early.
4. In physical therapy, she learned various stretches and techniques to prevent hamstring strains in the future.
5. The coach emphasized the importance of warming up properly to avoid hamstring issues during intense training sessions.
6. He felt a sharp pain in his leg after he tried to sprint, later realizing he had strained his hamstring.
7. The coach emphasized the importance of warming up to prevent hamstring injuries during practice.
8. After weeks of rehabilitation, she finally felt ready to return to the field without fear of reinjuring her hamstring.
9. In competitive sports, a torn hamstring can significantly hinder an athlete's performance and recovery time.
10. He decided to skip the marathon this year due to a lingering hamstring issue that wouldn't go away.

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