

★ What is the Cause of knee discomfort and tight hamstrings?

- I feel discomfort in my knees.
- I cannot squat to parallel.
- My hamstrings are tight no matter how much I stretch.

These are frequent comments from basketball players.

My question is “what is the cause?”

☞ Every discomfort, limitation, tightness, or annoyance in the body has an underlying cause.

☞ If your hamstrings are tight, you stretch daily, and they remain tight we need to ask ourselves what is causing this tightness.

☞ Most likely this is caused by inactive or weak gluteal musculature which causes your hamstrings to work overtime.

☞ Now we know we can stretch the hamstring but we also need to strengthen your gluteal muscles to take the load off the hamstring.

