



CASE STUDY:

Physical Therapy – Adductor & Hamstring Pain

DEMOGRAPHIC

Patient was a 34 year old that presented to physical therapy with complaints of acute left adductor and hamstring pain. Upon examination, the patient demonstrated with a grade 1 adductor magnus muscle strain impairing gait and recreational activities (boxing, running, squats and activities requiring quick lateral changes of direction).

TREATMENT PROTOCOL

In addition to traditional physical therapy protocols for this injury, the physical therapist immediately initiated PEMF to help with adductor magnus healing.

PEMF PROTOCOL

PEMF Machine - **Aura Wave**

PEMF SPECIFIC SETTINGS

Frequency: 2x/week for 4 weeks

Equipment: large loop

Location: Large loop placed around proximal (upper) left thigh and fastened with stabilization belt

Time: 30 minutes per session

Intensity: 18

Total sessions: 8 sessions. PEMF performed after physical therapy sessions

RESULTS

Weeks 1-2 (4 total PEMF sessions):

- Increased pain with lifting, running and lateral movements (especially when pushing off left lower extremity which is required for boxing). Patient was unable to complete a full training session of boxing secondary to pain.
- Pain Report: **Highest with quick lateral changes of direction: 6/10**

Weeks 3-4 (4 total PEMF sessions):

- Pain significantly reduced during boxing, running, squats and lateral movements. Complete return to functional lifting and boxing with little to no pain after 8 physical therapy/PEMF sessions
- Pain Report: **Highest during boxing but able to complete training with no setbacks: 1/10**

CONCLUSION

Based on our findings, we can suggest that implementing Aura / PEMF into a physical therapy plan at the onset of care may accelerate healing of patients experiencing grade 1 adductor magnus strains. This conclusion was based on the standard healing timeframes associated with this injury and similar injuries. Further research is needed to determine if there are more optimal Aura / PEMF settings to facilitate faster healing in regards to patients presenting with soft tissue injuries.

