

Hamstring Injury Early Home Exercise Program

HAMSTRING STRETCH - SITTING



While sitting with your leg stretched out, reach forward with your hands towards touching your toes. **YOU SHOULD NOT FEEL SHARP PAIN, ONLY SLIGHT STRETCHING SENSATION** Video # VV6U8J6UF

Repeat 1 Time
Complete 1 Set

Hold 30 Seconds
Perform 3 Times a Day

HAMSTRING STRETCH - SUPINE



While lying on your back, raise up your leg and hold the back of your knee. Pull the leg upwards until a slight stretch is felt, you should not feel pain. Hold, relax and repeat. Video # VVXN8X37F

Repeat 10 Times
Complete 1 Set

Hold 5 Seconds
Perform 2 Times a Day

STANDING HAMSTRING CURLS



While standing, bend your knee so that your heel moves towards your buttock. Lower back down until first contact with floor and repeat. Keep knees in-line with one another. Video # VVMP2C2RC

Repeat 1 Time
Complete 1 Set

Hold 1 Second
Perform 1 Times a Day



Do not start until standing hamstring curl without weight is pain free!

PRONE ELASTIC BAND HAMSTRING CURLS

Attach an elastic band around your foot and opposite ankle as shown. Next, while lying face down, slowly bend your target knee as you bring your foot towards your buttock.

Keep your other foot on the floor to fixate the band. Video # VVR4EC7UR

Repeat 1 Time
Complete 1 Set

Hold 1 Second
Perform 1 Times a Day



Hamstring isometrics with physioball

While lying on your back, place one foot on a 55 cm physioball with your hip and knee bent to 90 degrees. Pull down with your heel and hold.

Repeat 15 Times
Complete 1 Set

Hold 5 Seconds
Perform 2 Times a Day



Start this with both legs on the ground. If pain free - try with single leg.

SINGLE LEG BRIDGE

While lying on your back with your knees bent, extend one knee as shown.

Next, raise your buttocks off the floor/bed.

Try and maintain your pelvis level the entire time. Video # VVKL6B6GK

Repeat 10 Times
Complete 1 Set

Hold 5 Seconds
Perform 1 Times a Day