

# Hamstring Injury Home Exercise Program



## 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 stretch is felt. Hold, relax and repeat. Video # VVXN8X37F

Repeat 10 Times  
Complete 1 Set

Hold 5 Seconds  
Perform 1 Times a Day



## HAMSTRING STRETCH - SITTING

While sitting with your leg stretched out, reach forward with your hands towards touching your toes. Video # VV6U8J6UF

Repeat 5 Times  
Complete 1 Set

Hold 30 Seconds  
Perform 1 Times a Day



## BRIDGING

While lying on your back with knees bent, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat.



When you can do this without pain in your hamstring on 2 legs with relative ease, progress to doing this with just involved leg. Video # VVTJZ7GYR

Repeat 15 Times  
Complete 13 Sets

Hold 1 Second  
Perform 1 Times a Day



### Bird Dip

-On involved side (injured) start by balancing on one foot.

-Bend at the hip making sure the back is flat like a table top, and hips even (see above).

-The opposite leg should extend back to help even out the body.

-Next, with the hand on the same side reach for the cone on the opposite side.

(Left, Middle, Middle Right)

or

(Right, Middle, Middle, Left)

-Extend upright after touching each cone.

-Once each cone has been touched, go back the opposite way which will complete the set.

Repeat 3 Times

Hold 0Seconds

Complete 3 Sets

Perform 1 Times a Day



### Lunge Matrix Progressions

Step 1:

-Place 5cones in a pattern of the cardinal directions: N, W, E, NE, NW (SE, SW, S)

Step 2:

-Stand on one leg and lunge toward either cone with the stance leg staying firm on the ground (no twisting) as the toes of lunge leg point toward each cone. Return to single leg stance and balance on stance leg for 1 second. Then lunge toward the next cone. Land softly and take care to monitor quality of movement, especially when lunging across your body. 3-5 lunges to each cone; 2 sets

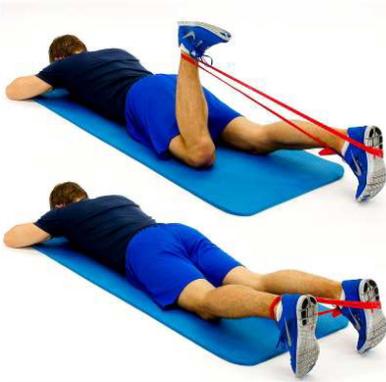


Step 3: Perform the same lunging pattern but reach medicine ball or weight to the outside of the lunging leg (top photo); 5-10 lunges to each cone; 2 sets

Step 4: Perform the same lunging pattern but reach medicine ball or weight overhead (bottom left); 5-10 lunges to each cone; 2 sets

Step 5: Perform the same lunging pattern but this time HOP and land onto the lunging leg holding a weight or ball if directed to do so. HOP back and land only on stance leg. Repeat. 5-10 hopping lunges to each cone; 2 sets

Perform 3 Times a Week



### 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 10 Times  
Complete 3 Sets

Hold 1 Second  
Perform 1 Times a Day



### FOAM ROLL - HAMSTRING SINGLE LEG

Start by sitting on a foam roll under your target thigh.

Next, using your arms, roll forward and back across this area.

Roll for 1-3 minutes Video # VVL6MMT4U

Repeat 1 Time  
Complete 1 Set

Hold 1 Second  
Perform 1 Times a Day



### HAMSTRING CURL - SINGLE LEG - MACHINE

Lie face-down on leg curl machine/bench and place ankle under pad. Bend knee to lift the weight. Return to starting position and repeat.

Do not point toes forward.

Start with low weight and more reps Video # VVXGX4BY5

Repeat 15 Times  
Complete 3 Sets

Hold 1 Second  
Perform 1 Times a Day