



HAMSTRING REHABILITATION ALL STAGES

EARLY STAGES

BETWEEN DAY 4/5 POST INJURY.

ONLY PERFORM EXERCISES SELECTED AND AGREED WITH CLUB PHYSIOTHERAPIST.

BRIDGE WITH RESISTANCE BAND.



Starting position: Lying on your back with your knees bent, feet as close to your bum as possible and resistance band around your knee.

- Step 1: Push your knees outwards against the band.
- Step 2: Contract your gluteus muscles.
- Step 3: Push your bum off the floor until your knee, hip and trunk are in a straight diagonal line.

Hold each contraction for 10 seconds and repeat 10 repetitions x 3 sets.

Do not let your hips rotate during the exercise. Do not arch your back.
Keep pelvis and trunk level at all times.

EARLY STAGES

PRONE LEG EXTENSION AND LEG CURL

Hip Extension



Leg Curl



HIP EXTENSION

Starting position: Lying face down.

Switch on your abdominals by drawing them in slightly (keep on throughout exercise).

- Step 1: Keeping your leg straight.
- Step 2: Contract your gluteus muscle.
- Step 3: slowly extend your leg at the hip joint raising your leg off the floor.
- Step 4: hold for 2 seconds then lower.

Make sure your back does not hyper extend. Keep your lower back fixed throughout the movement.

LEG CURL (FOR A PROGRESSION, USE A RESISTANCE BAND)

Starting position: Lying face down.

Switch on your abdominals by drawing them in slightly (keep on throughout exercise).

- Step 1: Flex your knee to at least 90 degrees.
- Step 2: Contract your gluteus muscle.
- Step 3: Slowly extend your knee back down to the floor.

Make sure your back does not hyper extend. Keep your lower back fixed throughout the movement.

Additional exercises: Seated Leg curl / Lying leg press.

HAMSTRING REHABILITATION SUB ACUTE STAGE

SINGLE LEG BRIDGE



Starting position: Lying on your back, resistance band around your knees with one knee bent, and the other extended with foot in the air.

- Step 1: Push your knees outwards against the band.
- Step 2: Contract your gluteus muscles.
- Step 3: Push your bum off the floor until your knee, hip and trunk are in a straight diagonal line.
- Step 4: Raise one foot off the floor by fully extending the knee, hold for 10 seconds then change legs.

Repeat 10 repetitions x 3 sets.

Do not let your hips rotate during the exercise. Do not arch your back. Keep pelvis and trunk level at all times.

BRIDGE ON STEP



Using the step to make the bridging exercise harder.

Progress to alternate leg bridge and single leg bridge.

HAMSTRING REHABILITATION END STAGE REHAB

BRIDGE WITH BACK ON BALL WITH LEG RAISE (WITH RESISTANCE BAND ROUND KNEES)



Starting position: Upper back resting on the ball, resistance band around knees, knees bent at 90 degrees.

- Step 1: Push your knees outwards against the band.
- Step 2: Contract your gluteus muscles.
- Step 3: Raise one foot off the floor by fully extending the knee, hold for 10 seconds then change legs.

Repeat 10 repetitions x 3 sets.

Do not let your hips rotate during the exercise. Do not arch your back. Keep pelvis and trunk level at all times.

BRIDGE WITH BACK ON BALL



Starting position: Lying on your back with your knees bent, feet on the ball and as close to your bum as possible and resistance band around knee.

- Step 1: Push your knees outwards against the band.
- Step 2: Contract your gluteus muscles.

Step 3: Push your bum off the floor until your knee, hip and trunk are in a straight diagonal line.

Hold each contraction for 10 seconds and repeat 10 repetitions x 3 sets.

Do not let your hips rotate during the exercise. Do not arch your back. Keep pelvis and trunk level at all times.

NORDIC EXERCISES



Starting position: Kneel down on a mat and start at a 90 degree angle.

Activate abdominals and gluteals.

With your partner holding down your feet (make sure it's a comfortable hold).

Step 1: Slowly lower upper body forward in a controlled manner.

Step 2: Release onto hands when you feel you have lowered as far as possible.

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