Hamstring Injury PROTOCOL

BACKGROUND

- **Description**
  - Commonly occur during running/agility activities
  - Posterior thigh pain, increased with activity

- **Common Signs and symptoms**
  - Posterior thigh pain anywhere between the lower buttock to back of the knee
  - Bruising/ecchymosis
  - Mild swelling

- **Treatment**
  - Rest
  - Activity modification
  - Stretching exercises
  - Progressive strengthening exercises

**Stretching exercises**

- **Hamstring Stretching 1**
  - Patient lies flat on their back with one leg through the door jam
  - One leg is placed up against the wall
  - Slowly move the body closer to the wall until a stretch is felt
  - Continue to move closer as flexibility increases

  **Frequency:** 1 set 3-5 min. 2-3 times a day.
  **Goal:** Increase hamstring flexibility

- **Hamstring Stretching 2**
  - Patient lies on flat on their back
  - With a towel wrapped around the foot, slowly raise leg
  - Continue until a stretch is felt and hold.
  - Try to keep opposite leg flat on the ground.

  **Frequency:** 3 sets of 60 secs. 2-3 times a day.
  **Goal:** Increase hamstring flexibility

- **Hamstring isometrics**
  - Sit on a stationary chair or stool
  - Extend injured leg slightly more than 90 degrees
  - Gently contract hamstrings by digging heel into ground, and as if to pull it back towards you. Hold 5 sec
  - Note: Your leg and body should not move at all.

  **Frequency:** 3 sets of 15 reps. 3 times per week.
  **Goal:** Improved hamstring strength
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**Hamstring Curls**

**Beginner:** Stand in front of chair and draw heel back towards buttock.
   - Hold 5 sec.

**Intermediate:** Place resistance band around ankle and leg of chair.
   - Draw heel back towards buttock
   - Hold 5 sec and slowly leg to start position.

**Frequency:** 3 sets of 15 reps, 3 times/wk

**Goal:** Improved hamstring strength

**Chair Walks**

Sit on an office chair with wheels on a hard surface.
- Holding onto the chair slowly extend leg
- Pushing heel into the ground, pull body/chair forward
- Extend injured leg again, and repeat

**Frequency:** 3 sets of 15 reps, 3 times per week.

**Goal:** Improved hamstring strength.

**Physioball Hamstring Curls**

Lay on ground with ankles on physioball.
- Raise hips off the ground
- Keeping hips raised, draw heels towards your buttocck, hold 5 sec
- Slowly extend legs and repeat

**Frequency:** 3 sets of 15 reps, 3 times/wk

**Goal:** Improved hamstring strength

**Single leg floor touches “Oil Derrick”**

Stand on one leg with knee slightly bent.
- Keeping torso straight, slowly reach towards the ground
- Slowly return to starting position

**Frequency:** 3 sets x 15 reps, 3 times/wk

**Goal:** Improve balance