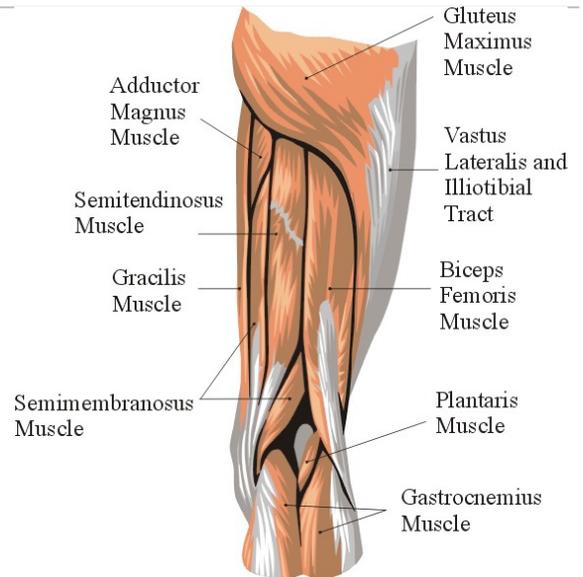




# Hamstring Injury *PROTOCOL*

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*

STRENGTHENING EXERCISES:



### *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*



# Hamstring Injury *PROTOCOL*

STRENGTHENING EXERCISES:



## Hamstring Curls

**Beginner:** Stand in front of chair and draw heel back towards buttock.

Hold 5 sec.

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

**Intermediate:** Place resistance band around ankle and leg of chair

Draw heel back towards buttock

**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 buttock, hold 5sec

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