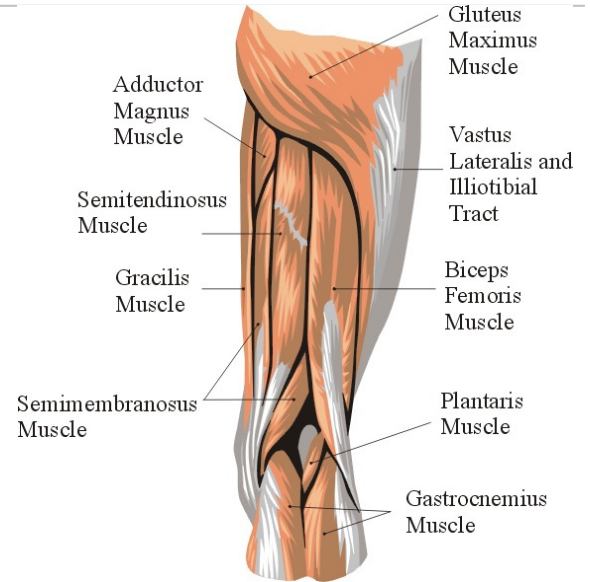




Hamstring Injury *PROTOCOL*

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

Hold 5sec 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 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