

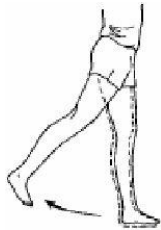
HAMSTRING REHABILITATION

Isometric Hamstring Contraction

- Lying on your back with knees straight.
- Push one heel into the ground and hold for 10-30 seconds.
- Repeat 3 time each side

Standing Extensions

- Standing, Place your hands on a nearby wall for support.
- Keeping your knee straight slowly extend your leg at the hip.
- Lower it back to the starting position.
- Perform 3 sets of 10 repetitions each side.



Chair Bridge

- Lye on your back with your hands by your side and palms down.
- Place your feet on a chair or exercise ball.
- Elevate your pelvis so there is a straight line between your knees, hips and shoulders.
- Hold this position for 10-30 seconds. Repeat 3 times.



Front Bridge

- Lie flat on your stomach with your forearms on the ground.
- Lift your abdomen up so it is parallel to the floor
- Keep your forearms and knees in contact with the ground.
- Hold this position for as long as you can. Aim for 1-3min. Repeat 3x
- *Progression: Lift your knees off the ground so you are on your toes. Lift one foot off the ground. Do on each leg.*



Side bridge

- Lye on your side with one forearm flat on the ground and knees bent.
- Place the hand of the upper arm on the ground for support
- Lift your pelvis off the ground
- Hold this position for 10-30 seconds. Repeat 3 times each side
- *Progressions: Place upper hand on your hip and straighten your knees.*



Walk/Short stride jog

- Perform a 10 minute walk or short stride jog within tolerance levels.
- You should not feel pain during this.
- Keep to flat surfaces. Avoid uphill or downhill walking.

PHASE 1

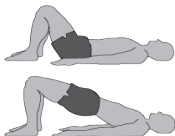
Eccentric Hamstring Curl

- Lying on your Stomach. Bend one knee so that it is at 90° to the floor.
- Slowly lower it to the ground over 5 seconds.
- Perform 3 sets of 10 on each leg.
- *Progressions: Using a TheraBand, Using ankle weights, kneeling, fixing your feet in a secure position and slowly lowering yourself to the floor.*



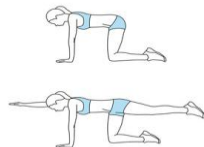
Supine bridge (reps)

- Lye on your back with your hands by your side and palms down.
- Elevate your pelvis so there is a straight line between your knees, hips and shoulders.
- Hold this position for 10-30 seconds. Repeat 3 times
- *Progressions: Elevate one leg.*



Bird dog

- Position yourself on all 4's.
- Slowly straighten 1 leg then slowly return it back
- Repeat on opposite side
- Perform 3 sets of 10 repetitions each side.
- *Progressions: Perform above exercises together using the opposite arm and opposite leg.*



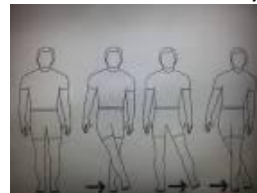
Side Shuffles

- Set 2 markers 10 meters apart.
- Stand at 1 marker so that the opposite is 10 meters to your right.
- Perform a side shuffle to the opposite marker and back.
- You should travel a total of 20 meters. 10 to your right and 10 to your left.
- Rest as necessary. Repeat 5 times.



Grape Vine

- Set up as per side shuffles
- Travelling to your right:
 - Step to your right on your right foot. The left leg crosses behind the right foot.
 - Step out on your right foot again. The left leg crosses in front of the right foot.
- Travelling to your left
 - Step to your left on your left foot. The right leg crosses behind the left foot.
 - Step out on your left foot again. The right leg crosses in front of the left foot.
- You should travel a total of 20 meters. 10 to your right and 10 to your left.
- Rest as necessary. Repeat 5 times.



Longer Stride Jog

- Perform a 20-30 minute jog using longer stride than previously. Avoid uphill and down hills.
- You should not feel pain during this.

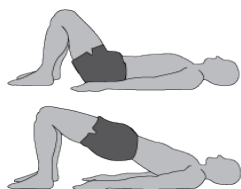
Concentric Hamstring Curl

- Lying on your Stomach. Attach a resistance band or ankle weight to your foot.
- Bend your knee so that it is at 90° to the floor.
- Lower the leg back down and repeat
- Perform 3 sets of 10 on each leg.
- Progress difficulty by:
 - Perform on hamstring curl machine
 - Progress weight



Supine bridge

- Lye on your back with your hands by your side and palms down.
- Elevate your pelvis so there is a straight line between your knees, hips and shoulders.
- Slowly lower yourself back to the start position.
- Perform 3 sets of 10 repetitions each side.
- *Progressions: Elevate one leg*



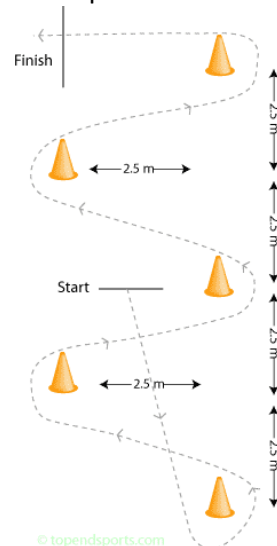
Hip extension

- In the all 4's position extend by keeping your knee bent and trying to touch your foot to the ceiling.
- Lower your leg so that the thigh is horizontal to the floor.
- Repeat.
- Perform 3 sets of 10 repetitions each side.



Agility Run

- Set up 5 markers in a zigzag pattern 2.5m apart
- Place a start/finish point as in the image below.
- Beginning from the start/finish point, run directly to the farthest marker.
- Zigzag your way back through the markers to the start/finish point.
- Perform as quickly as possible.
- Repeat 5 times in each direction.



Interval Run

- Perform a 20 minute jog at 60% of your maximum.
- Every 2 minutes increase intensity to 80-100% for 15 seconds.
- You should not feel pain during this exercise.

Stretches

Lower Back Stretch

- Lying on your back bend one leg over to the opposite side of your body.
- Increase the stretch by using your hand to push your knee to the floor
- Perform 3 sets of 30 seconds holds on each side.



Hamstring Stretch

- Lie on your back. Keeping your knee straight or slightly bent, lift that leg off the floor as far as you comfortably can.
- Grasp the back of your raised knee or calf. Or grasp a towel draped behind your knee or calf.
- Keeping your leg fairly straight, slowly pull it toward your chest.
- Perform 3 sets of 30 second holds each side.



Figure 4 Stretch

- Lying on your back assume the position which is depicted in the image below.
- Use your hands to pull your leg and increase the stretch.
- Perform 3 sets of 30 second holds on each leg



Figure 4 Stretch
Hold Stretch 30 seconds
2-3 times, each leg

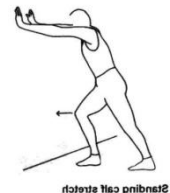
Gluteus Maximums Stretch

- Sitting on the ground with your legs extended in front of you.
- Cross one leg over the other.
- Hug the knee of the crossed leg to your opposite shoulder.
- Perform 3 sets of 30 second holds on each leg



Calf Stretch

- Stand with your arms braced against a wall, both feet pointing straight ahead.
- Place your foot several inches behind the other.
- Bend your front leg. Keep both heels on the floor and your back straight.
- Perform 3 sets of 30 second holds each side.
- Bend your back leg at the knee. Perform 3 sets of 30 second holds in this position.



Standing calf stretch

Disclaimer: The exercises provided on this website are for educational and entertainment purposes only, and are not to be interpreted as a recommendation for a specific treatment plan, product, or course of action. Exercise is not without its risks, and this or any other exercise program may result in injury. To reduce the risk of injury, before beginning this or any exercise program, please consult a healthcare provider for appropriate exercise prescription and safety precautions.