

# Council Rock High School South

## Hamstring Strain Rehab Routine



Immediately after injury: **Rest, Ice, & Compression**

Post injury treatment: **Heat, Stretch, & Ice**

Begin first day after injury:

Rehab Exercises:

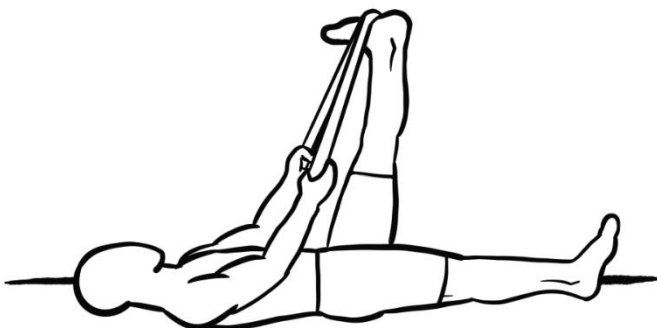
➤ Stretches: (Everyday)

✓ **Supine Hamstring Stretch with Strap**

- Lie on your back with a strap looped around your foot. Use the strap to lift your leg towards the ceiling until a stretch is felt in the back of your thigh.

Keep both legs straight.

- 3 sets
- 30 second holds each
- 2-3 times per day





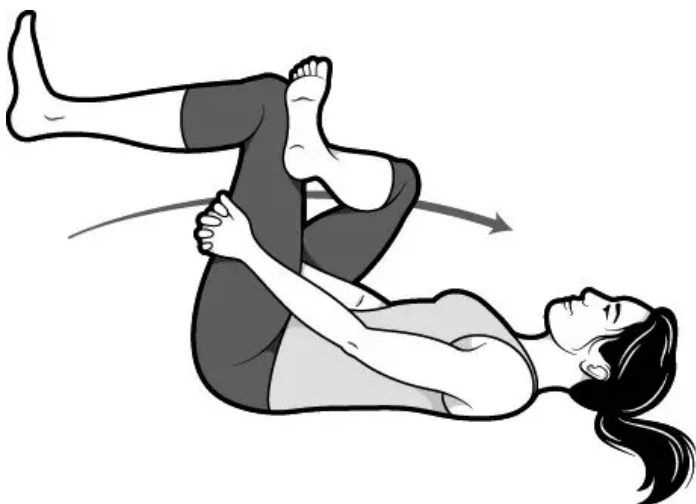
### ✓ Adductor Stretch with Strap

- Lie on your back and place a stretching strap on your foot. Pull on the strap to assist in raising your leg up and to the side for a stretch to your inner thigh muscles.
  - 3 sets
  - 30 second hold each
  - 2-3 times per day



### ✓ Abductor Stretch with Strap

- Lie on your back, place a strap band or towel around left foot. Hold the band with right arm, slowly cross your left leg over to your right side. Try to keep your knee straight but not locked. Open your left arm out to side.
  - 3 sets
  - 30 second hold each
  - 2-3 times per day



### ✓ Figure Four Glute Stretch

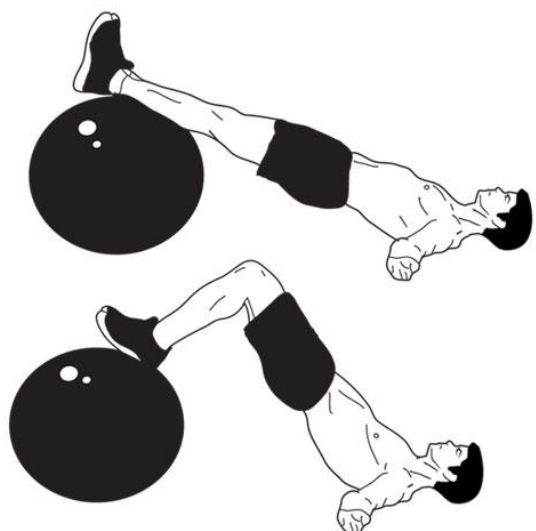
- Begin by lying on your back. Raise your foot up to your knee, pressing the back of your ankle against the top of your knee. Reach under your knee with both hands. Using your arms assist in bringing your knee towards your chest, lifting your foot off the ground. Pull only until you feel a stretch in your right glute and hip.
  - 3 sets
  - 30 second hold each
  - 2-3 times per day

➤ Exercises: (Days 1 – 3)



✓ **Prone Hamstring Curls with Band**

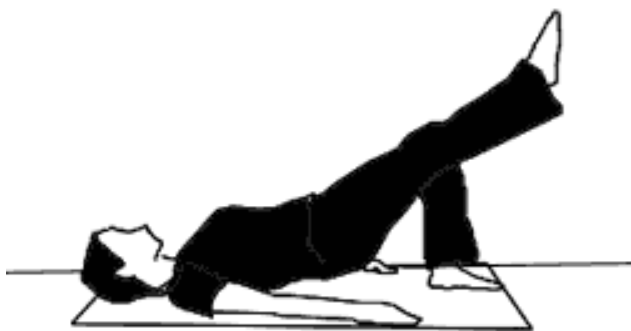
- Attach an elastic band around your foot and opposite ankle as shown. Next, while lying face down, slowly bend your target knee as you bring your foot towards your buttock. Keep your other foot on the floor to fixate the band.
- 3 sets
- 10 reps
- 2-3 times per day



✓ **Physio-Ball Hamstring Curls**

- Place feet on top of PB ball, engage your core, squeeze glutes and lift pelvis off floor, with hips of floor bring in the ball towards body then back out.
- 3 sets
- 10 reps
- 2-3 times per day

✓ **Single Leg Bridge - Hold**



- Lie down on your back with both knees bent next to each other. Then lift your butt off the mat and extend one leg fully, forming a straight line (like a bridge) from your head to your foot of the extended leg. Hold this position without letting your hips drop closer to the mat.
- 2 sets
- 1 minute hold
- 2-3 times per day

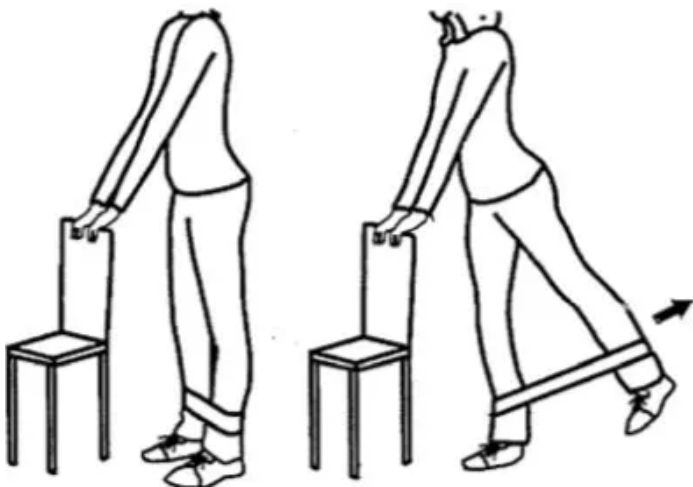
✓ **Donkey Kicks with Isometric Ball Squeeze**



- Get on your hands and knees with your knees shoulder width apart. Make sure your back is straight. Place a ball behind you knee, contract your transverse abdominals and your glute muscles. Without allowing your pelvis to rotate; lift one of your legs up while contracting your hamstring and glute muscles to squeeze the ball.

- 3 sets
- 10 reps each
- 2-3 times per day

✓ **Standing Hip Extension with Band**



- Stand with the TheraBand around your ankle. Keeping your leg straight, extend your leg backwards while maintaining upright posture. Return to the starting position controlling the band.

- 3 sets
- 10 reps each
- 2-3 times per day

➤ Exercises: (Day 4 – Return)

✓ **Single Leg Physio-Ball Hamstring Curls**



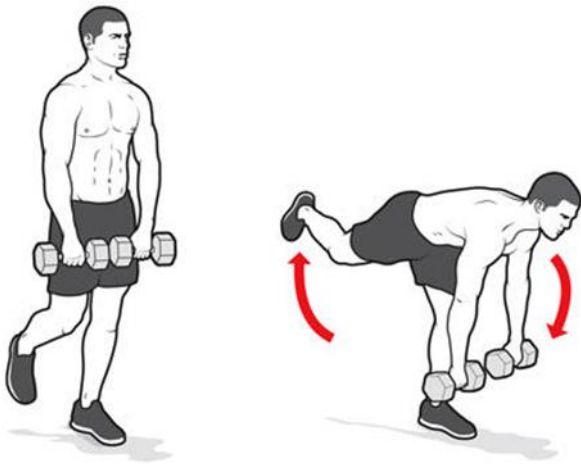
- While lying on the floor, place your heel on an exercise ball. Next, raise up your buttocks and then bend your knees to draw the ball towards your buttocks. Keep your buttocks elevated off the floor the entire time.
  - 3 sets
  - 10 reps each
  - 2-3 times per day

✓ **Static Hip Thrust Adductor Squeeze with Alternating Quad Set Leg Lift**



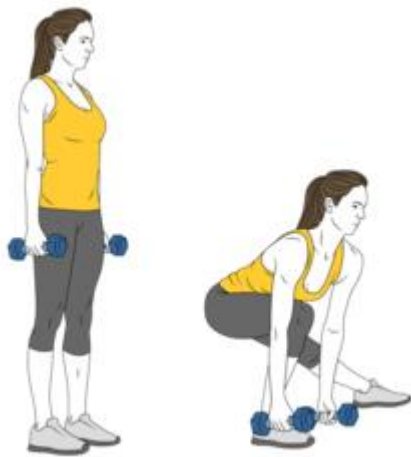
- Rest middle of shoulder blades on bench (couch, etc.), knees at 90-degree angles (knees over ankles), squeeze ball/towel/pillow between knees, lift hips activating glutes (avoid arching back), alternate leg lifts, squeeze quad tightly for 5 second holds.
  - 3 sets
  - 10 reps each
  - 2-3 times per day

### ✓ Single Leg RDL's



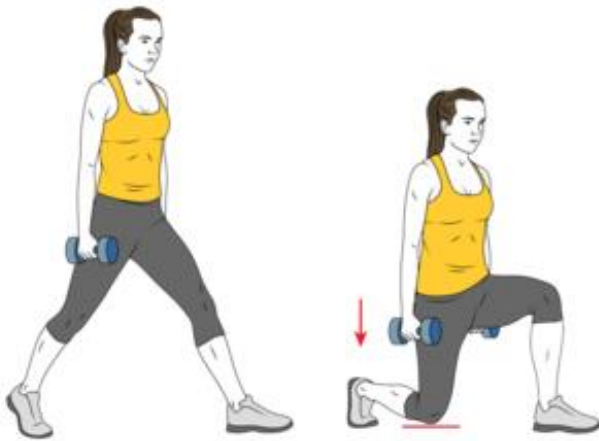
- Start in an upright, single leg position with your core and glutes engaged, and one leg in hip flexion at 90 degrees. Push your hips back keeping a neutral spine and reach with your hand to your opposite foot. Bend your supporting leg slightly, squeeze your glutes and drive your leg back up to starting position.
  - 3 sets
  - 10 reps each
  - 2-3 times per day

### ✓ Lateral Lunge



- Stand with a small space between feet. Next, step to the side and bend your knee to a lunge position. As the knee bends lower your buttocks down towards the floor. Keep knees in line with toes. You can raise your arms forward with each knee bend for a counterbalance. Return to original position and repeat on the same side.
  - 3 sets
  - 10 reps each
  - 2-3 times per day

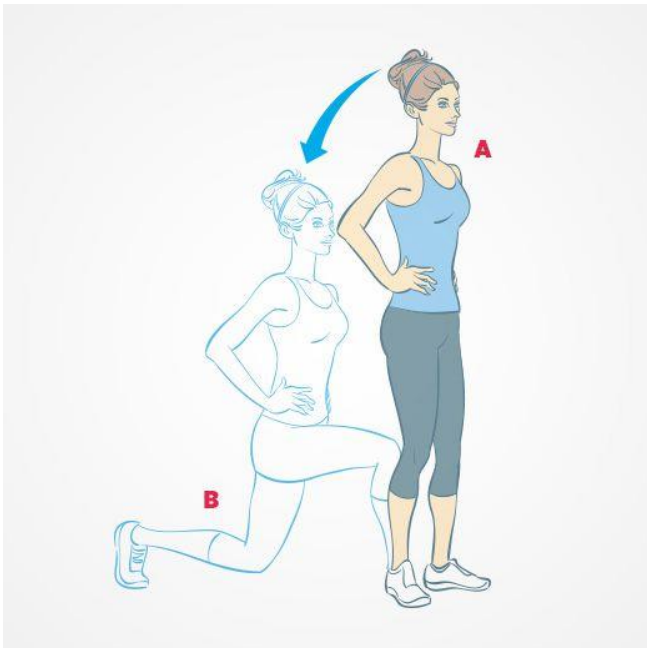
### ✓ Forward Lunge



- Start by standing with feet shoulder-width-apart. Next, take a large step forward and allow your front knee to bend. Allow your back knee to bend as well until it touches the floor or comes close to touching the floor. Then, push off your forward leg and return to original position. Keep your pelvis level and straight the entire time. Your front knee should bend in line with the 2nd toe and not pass the front of the foot.

- 3 sets
- 10 reps each
- 2-3 times per day

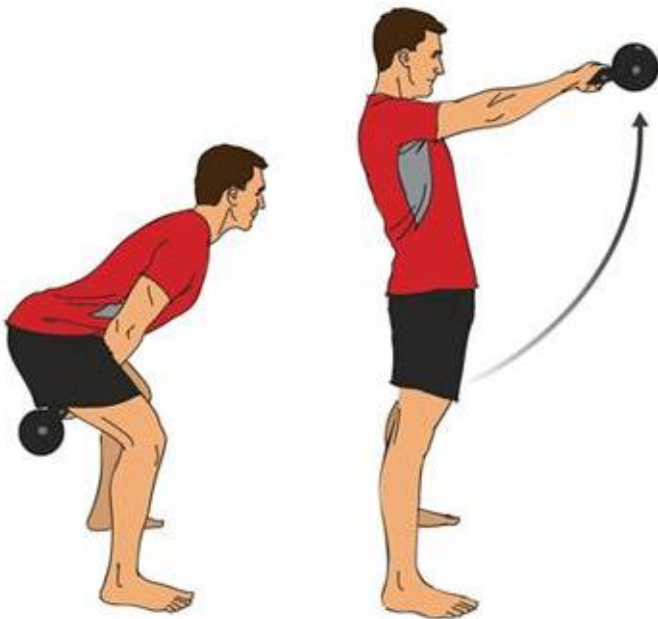
### ✓ Reverse Lunge



- While standing on the ground, take a backward step placing your foot behind you. Allow your front and back knee bend as you lower yourself towards the ground. Do not allow your front knee to pass your toes. Then straighten your front knee and rise back up but keep your back foot behind you. Next, lower back down again as you bend both knees and raise back up again.

- 3 sets
- 10 reps each
- 2-3 times per day

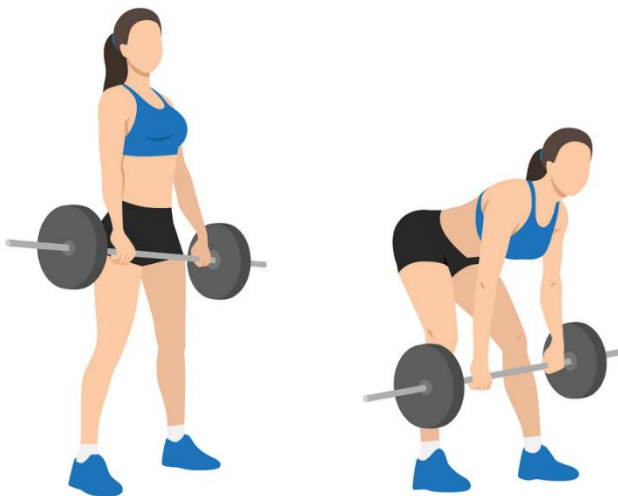
### ✓ Kettlebell Swings



- Stand with feet spread apart and holding a Kettlebell. Start swinging the Kettlebell forward and back as you bend and straighten your knees. As the Kettlebell lowers, allow your knees to bend. As the Kettlebell elevates, straighten your knees. Your hips and pelvis should thrust forward to create a quick straightening (extending) of the knees. Keep your back straight the entire time.

- 3 sets
- 10 reps
- 2-3 times per day

### ✓ Romanian Deadlift



- Hold weight out front. Arms straight. Lean forward into the deadlift. Keep your back straight. The knees will bend but will not come forward. Push your bottom back. Feel a stretch in your hamstrings and come back up. Don't let the weight come to the floor. We want a stretch-shortening cycle for the hamstring muscle.

- 3 sets
- 10 reps
- 2-3 times per day

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