

Hamstring Strain

Home exercise program

A hamstring strain is a tear in the muscle on the back of the thigh. Early, gentle loading helps it heal stronger. Sprinting is the last thing to come back, and returning too soon is the most common reason it happens again.

- Walk normally as soon as you can.
- No hard stretching for the first week. Gentle stretching only after that.
- No sprinting until all Later exercises are pain-free and your single-leg bridge feels equal on both sides.
- Call us if you felt a pop high in the buttock with large bruising. That can be a tendon injury that needs to be seen soon.

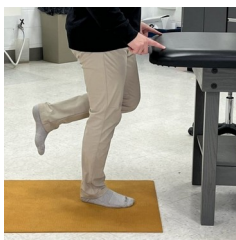
Pain guide: Mild discomfort up to 3 out of 10 is OK during exercise. It should settle back to your usual level by the next morning. If it doesn't, do less next time.

EARLY Days 3 to 14

Bridge

Lie on your back, knees bent, feet flat. Squeeze your buttocks and lift your hips until you are straight from shoulders to knees. Hold 3 seconds, lower slowly.

Do: 10 reps x 2 sets



Single-Leg Balance

Stand next to a counter and lift one foot. Balance as long as you can, touching the counter only if you need to.

Do: 30 seconds, 3 times each side

Harder: close your eyes or stand on a pillow.

Face-Down Hamstring Curl

Lie face down with your legs straight. Bend your knee to bring your heel toward your buttock, then lower slowly.

Do: 12 reps x 2 sets. Add an ankle weight when easy

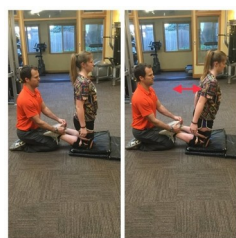


LATER Week 2 and on

Single-Leg Bridge

Set up like a bridge, then straighten one leg. Lift your hips using only the bent leg, keeping your hips level. Lower slowly.

Do: 8 reps x 2 sets, each side



Nordic Hamstring Lower

Kneel on a pad with someone holding your ankles. Keep your body straight and lower forward as slowly as you can. Catch yourself with your hands.

Do: 5 reps x 2 sets, 2 times a week

This is hard. Start with a small lean and go farther as you get stronger.



Single-Leg Hip Hinge

Stand on one leg, holding a counter. Hinge forward at the hips, reaching the other leg straight back, back flat. Return to standing.

Do: 10 reps x 2 sets, each side



Hamstring Stretch with Strap

Lie on your back with a strap around one foot. Pull the leg up with the knee straight until you feel a stretch behind your thigh. Hold.

Do: Hold 30 seconds, 3 times each side

Gentle stretch only. No pain.

This program is a guide. Stop any exercise that causes sharp pain and let us know. Questions? Call (425) 656-5060.