

High Hamstring Tendon Pain

Proximal hamstring tendinopathy: home program

This is pain deep in the buttock, where the hamstring tendon attaches to the sit bone. It's often worse with sitting and hills. Like other tendon problems, it improves with gradually heavier loading, not rest. Expect at least 3 months.

- Avoid hamstring stretches. Stretching squeezes the tendon against the bone.
- Break up long periods of sitting. Use a cushion on hard seats.
- Avoid hills, deep lunges, and fast running for now.
- Move up a stage when the current stage feels easy.

Pain guide: Tendons need load to heal. Pain up to 5 out of 10 during these exercises is OK, as long as it settles by the next morning and isn't creeping up week to week.

STAGE 1: HOLDS

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: Hold the lifted position 30 to 45 seconds. Do 5 holds

Feet farther from your buttocks works the hamstrings more.



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: Hold halfway up for 30 seconds. Do 5 holds



STAGE 2: STRENGTH

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



Sit to Stand

Sit at the front of a sturdy chair, feet under your knees. Lean forward and stand up, then sit back down slowly.

Do: 10 reps x 2 sets

Use your hands at first if you need to. Work toward not needing them.



Step-Up

Face a step. Put your whole foot on the step and stand up tall on that leg. Step back down slowly.

Do: 10 reps x 2 sets, each side

Start with a 4-inch step. Go higher 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

Hinge only partway at first.



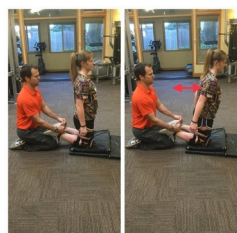
STAGE 3: HEAVY

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.



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