



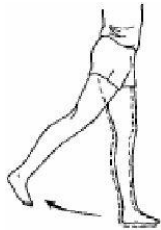
HAMSTRING REHABILITATION

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



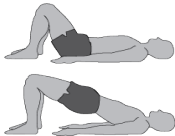
Eccentric Hamstring Curl

- 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.*



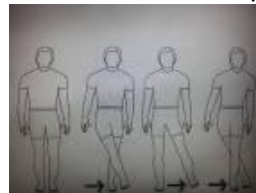
Side Shuffles

- 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.



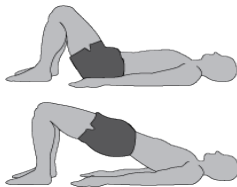
Concentric Hamstring Curl

- 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*



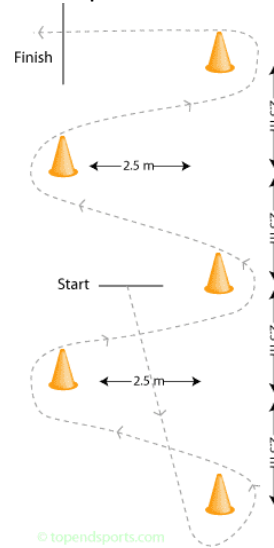
Hip extension

- 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

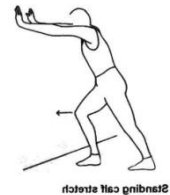
Gluteus Maximums Stretch

- 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.



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