

HAMSTRING INJURY PREVENTION & MAINTENANCE PROGRAM



Use this injury prevention program to help minimize your risk of hamstring injury. This program should be completed *once daily, 3 – 5 times per week* for best results.

HAMSTRING MOBILIZATION ON FOAM ROLLER // Sets: 1 | Reps: 5 | Hold: 1 minute

STEP 1



STEP 2



Setup

Begin sitting on the floor with your legs straight and a foam roller horizontally placed under both of your thighs. You may also foam roll one hamstring at a time if doing both at once is difficult.

Movement

Roll your thighs back and forth over the foam roller, using your arms for support.

Tip

You can adjust the pressure by changing how much of your body weight is resting on the roller.

KNEELING HIP FLEXOR STRETCH W/ QUAD ACTIVATION // Sets: 2 | Reps: 10 | Hold: 15 seconds

STEP 1



Setup

Begin in the 1/2 kneeling position with your trunk upright. You should kneel on the leg in which you want to feel the stretch.

Movement

Shift your torso forward until a stretch is felt in the front of your hip in your hip flexor. Once in the stretched position, actively flex your knee on the same leg to lift your foot from the floor and bring your heel toward your back.

Tip

Try not to lose the hip stretch as you flex your knee.

ECCENTRIC HAMSTRING CURL (REQUIRES PARTNER) // Sets: 1 | Reps: 15

STEP 1



STEP 2



Setup

The patient should be in a tall-kneeling position at the end of a mat. The partner should be behind the patient anchoring their lower legs to the floor.

Movement

The patient should tighten their abdominal muscles and slowly lean their body as far forward as they can while maintaining control. The patient will use their arms to catch themselves before falling and return to the upright, starting position and repeat.

Tip

The patient should make sure to keep their body in a straight line and should not hinge at their hips during the exercise.

BRIDGE w/ PHYSIO BALL HAMSTRING CURL // Sets: 1 | Reps: 15

STEP 1



STEP 2



Setup

Begin lying on your back with your legs straight and feet resting on a physio ball.

Movement

Lift your hips off the floor into a bridge position. Roll the ball toward you with your heels while maintaining the bridge position, then straighten your legs (while pushing the ball away from you) and repeat.

Tip

Make sure to keep your back straight and do not let your hips fall to the ground.

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RDL w/ RESISTANCE BAND // Sets: 1 | Reps: 15

STEP 1



STEP 2



STEP 3



Setup

Begin standing upright with a resistance band anchored under your foot and holding the ends of the band against your torso so it is stretched tight.

Movement

Keeping your head, torso, and opposite leg in line, slowly hinge forward (at the hip) as you lift your opposite leg off the ground. Return to the starting position and repeat.

Tip

Make sure to slowly control your body hinging forward. Do not let your back arch during the exercise.

HIP AND KNEE FLEXION WITH ANCHORED RESISTANCE // Sets: 1 | Reps: 15

STEP 1



STEP 2



Setup

Begin in a standing upright position in a wide stride stance with resistance band looped around your back ankle and anchored behind you.

Movement

With hands on your hips, bend your knee up in front of you bringing your hip forward.

Tip

Make sure to keep your back straight during the exercise and maintain your balance.

SINGLE LEG BALANCE ON BOSU BALL // Sets: 1 | Reps: 3 | Hold: 30 seconds

STEP 1



Setup

Begin in a standing upright position with your feet together on BOSU ball.

Movement

Lift one foot off the ball and hold this position.

Tip

Make sure to maintain your balance during the exercise.