

Hamstring Strain Rehabilitation Exercises

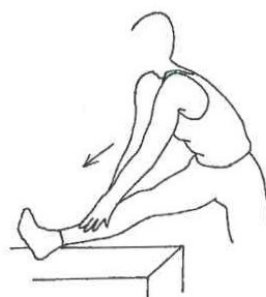
You can begin gently stretching your hamstring right away by doing exercise 1, the standing hamstring stretch. Make sure you do not feel any sharp pain, only a mild discomfort in the back of your thigh when you are doing the stretch.

After the standing hamstring stretch has become easier, you can do exercise 2, the hamstring stretch on a wall. You should also stretch your calf muscle because it attaches near where your hamstring ends. Use exercise 3, the standing calf stretch.

Next, start strengthening your hamstrings using exercises 4, 5, and 6 when the pain is gone.

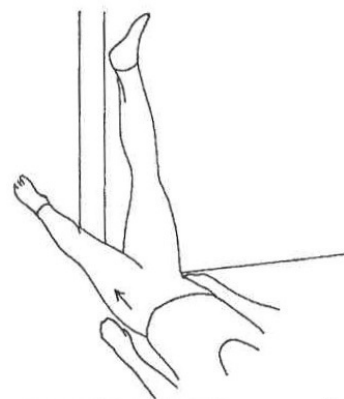
After your hamstrings have become stronger and you feel your leg is stable, you can begin strengthening the quadriceps (the muscles in the front of the thigh) by doing exercise 7, the wall slide.

1. Standing hamstring stretch: It is generally easiest to begin stretching your hamstring by placing the heel of your injured leg on a stool about 15 inches high. Lean forward, bending at the hips until you feel a mild stretch in the back of your thigh. Make sure you do not roll your shoulders and bend at the waist when doing this or you will stretch your lower back instead. Hold the stretch 30 to 60 seconds. Repeat 3 times.

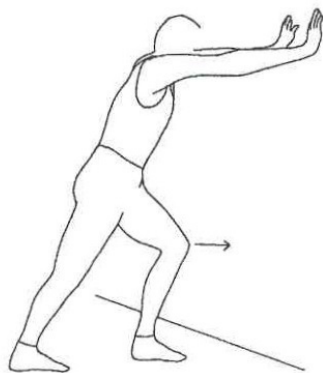


Standing hamstring stretch

2. Hamstring stretch on wall: Lie on your back with your buttocks close to a doorway and your legs extended straight out in front of you and through the doorway. Raise your injured leg and rest the heel against the door frame. Your uninjured leg should still be extended through the doorway. You will feel a very strong stretch in the back of your thigh. Hold this stretch for 60 seconds. Repeat 3 times.



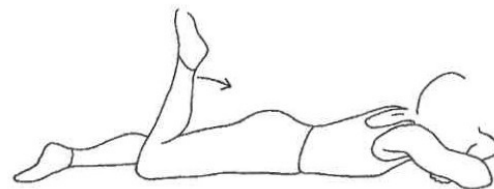
Hamstring stretch on a wall



Standing calf stretch

3. Standing calf stretch: Stand facing a wall with your hands on the wall at about chest level. Your injured leg should be about 12 to 18 inches behind your uninjured leg. Keep your injured leg straight with your heel on the floor, and lean into the wall. Bend your front knee until you feel a stretch in the back of the calf muscle of your injured leg. Hold this position for 30 to 60 seconds. Repeat 3 times.

4. Prone knee bends: You can begin gently strengthening your injured hamstring by lying on your stomach with your legs straight out behind you and bending your knee so that your heel comes toward your buttocks. Bring it back down to the starting position. Repeat 10 times. Do 3 sets of 10.

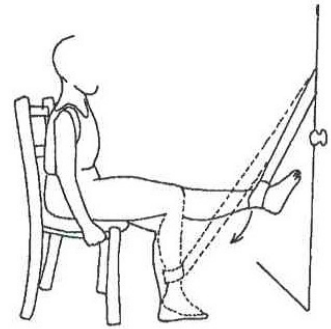


Prone knee bends

As this becomes easier you can wear ankle weights.

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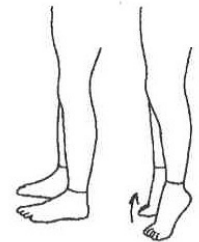
5. Thera-Band hamstring curls: Sit in a chair facing a door and about 3 feet from the door. Loop and tie one end of the tubing around the ankle of your injured leg. Tie knot in the other end of the Thera-Band and shut the knot in the door. Bend your knee so that your foot slides along the floor and moves back underneath the chair, stretching the tubing. Slowly let your foot slide forward again. Repeat 10 times. Do 3 sets of 10.



Theraband hamstring curls

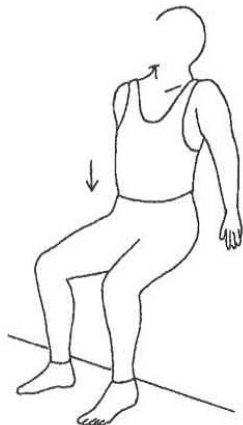
You can challenge yourself by moving the chair farther away from the door and increasing the resistance of the Thera-Band.

6. Standing heel raise: Balance yourself while standing behind a chair or other stable object. Raise your body up onto your toes and lift your heels off the floor. Hold this for about 2 seconds and then slowly lower your heels back down to the floor. Repeat 10 times. Do 3 sets of 10.



Standing heel raise

You can challenge yourself by standing only on your injured leg and lifting your heel off the floor. Do 3 sets of 10.



Wall slide

7. Wall slide: Stand with your back, shoulders, and head against a wall and look straight ahead. Keep your shoulders relaxed and your feet 1 foot away from the wall and a shoulder's width apart. Keeping your head against the wall, slide down the wall, lowering your buttocks toward the floor until your thighs are almost parallel to the floor. Hold this position for 20 seconds. Make sure to tighten the thigh muscles as you slowly slide back up to the starting position. Repeat 10 times. Increasing the amount of time you are in the lowered position helps strengthen your quadriceps muscles.