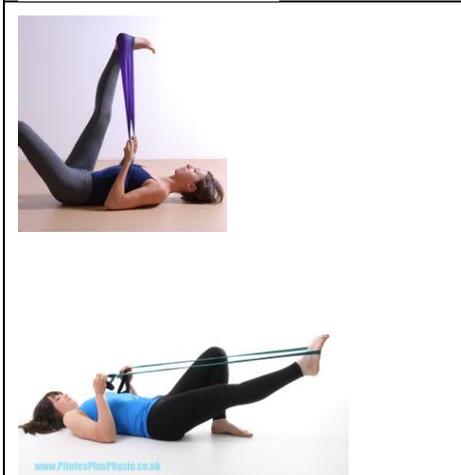


EXERCISES FOR HAMSTRING REHAB

	<p>Basic Hamstring Stretch</p> <p>Standing with the injured foot forward, bend your back knee and keep your front leg straight. Make sure that your belly button faces the floor, push out your bum and chest and hold the stretch for 20 seconds. There should be no pain.</p>
	<p>Hamstring Wall Stretch</p> <p>Assuming the position shown, keep the injured leg straight, keep the pelvis squarely on the floor and straighten the knee. Hold for 20 seconds, there should be no pain.</p>
	<p>Hamstring Belly Stretch</p> <p>Holding the back of the knee with both hands, keep the knee slightly bent and pull towards the chest. Hold for 20 seconds with no pain. The stretch should be felt in the middle of the muscle belly.</p>
	<p>Hurdler Stretch</p> <p>Assuming the position shown, try to keep the hips square and reach forward to touch the toes. Hold this position for 20 seconds without pain. Warning this is an advance stretch and should only be used from the middle of the rehab programme.</p>
	<p>Standing Hip Extension</p> <p>Holding the back of the chair, with the leg straight, extend the hip over a full range of movement. Repeat 15 times, there should be no pain.</p>

	<p>Prone Hip Extension</p> <p>Lying in the position shown, keep the knee straight and extend the hip. Complete both sides, 15 reps on each leg.</p>
	<p>Standing Leg Curl</p> <p>Standing upright with ankle weights on, flex the knee and try to touch the heel to the bum. Repeat 15 times on both legs.</p>
	<p>Prone Hamstring Flexion</p> <p>Using a theraband as shown, perform 15 hamstring curls over the natural range of movement. Perform on both legs.</p>
	<p>Double Leg Hamstring Bridge</p> <p>With the knees flexed and the feet flat on the floor, lift the hips off the ground until there is a straight line between the knees and the torso. Repeat 10 times, there should be no pain.</p>
	<p>Single Leg Hamstring Bridge</p> <p>Starting with one leg flexed and the other straight, lift the hips off the floor until the torso and knees are in a straight line. Repeat 10 times on both legs.</p>

	<p>Double Leg Hamstring Bridge – Swiss Ball</p> <p>With both feet on the Swiss ball and the hips on the floor, lift the hips off the ground, repeat 10 times.</p>
	<p>Single Leg Hamstring Ball Pick Ups</p> <p>With one foot forward and the knee straight, lower the medicine ball towards the floor slowly, then extend the torso and repeat 10 times on both legs.</p>
	<p>Good Mornings</p> <p>With feet hip width apart and a barbell over your shoulders, push out your backside and your chest, keep the legs straight and lower the chest to the floor. The slower the movement the better. Repeat 10 times.</p>
	<p>Partner Leg Curl</p> <p>Warning this is an advance exercise and should only be attempted towards the end of the rehab programme. With a partner holding your ankles on the floor, lower your torso towards the ground. Make sure that the body is in a straight line. When you reach 45 degrees pull yourself up. This exercise should be performed slowly. Repeat 8 to 10 reps.</p>
	<p>Lying Hip Extension</p> <p>Lying flat on the floor, wrap the theraband around your ankle, then either hold the ends in your hands or shut the ends in a door. Extend the hip with a straight leg, repeat 15 times on both legs.</p>