

Hamstring Exercises



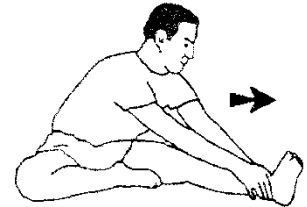
Dr. HO

Phase 1 is to address initial pain and swelling. Apply the principles of PRICE (Protect, Rest, Ice, Compression, Elevation) as well consider a compression wrap with a 6 in ace or a neoprene hamstring sleeve that can be purchased online. Once you have no pain walking or climbing up and down stairs, you may begin the phase 2 exercises, but do not forget to continue the phase 1 exercises as well.

STRETCHING

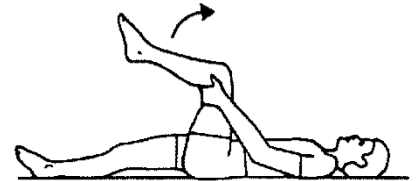
Sitting Hamstring Stretch

- With the knee kept straight lean forward reaching for your foot feeling the stretch in the back of the thigh. You may feel some discomfort, but there should be no sharp pains.
- Hold this position for 15-20 seconds. Then, slowly relax and return to the starting position. This is one repetition.
- Do at least 2 sets of 5 repetitions on each leg every day. .



Active Hamstring Stretch

- Lie on your back and bring the thigh up to a perpendicular position holding it with your hands.
- Slowly straighten the knee by contracting the quads and feel the stretch in the back of the thigh.
- Hold for 15-20 seconds and repeat 5 repetitions 2 times a day.



STRENGTHENING

Prone Knee Bends

- Lying face down with both legs straight, slowly bend the knee you are planning to exercise and bring the heel towards your buttocks.
- Hold this position for 5-10 seconds.
- Then, slowly return your legs to the starting position, relax and take a deep breath. This is one repetition.
- Do 3 sets of 10 repetitions, on both legs, a day.
- You may add ankle weights to make this exercise more challenging.



*If you have any problems or questions,
please call your doctor's office (8am-5pm).*

Answering service for after hours.

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Prone Hip Extensions

- Lying face down with both legs straight, slowly tighten the muscles of the buttock you are planning to exercise, keep your knee straight, and lift that leg about 8 inches off the floor.
- Hold this position for 5-10 seconds.
- Then, slowly return your legs to the starting position, relax and take a deep breath. This is one repetition.
- Do 3 sets of 10 repetitions, on both legs, a day.
- You may add ankle weights to make this exercise more challenging.



Heel Slide

- Sit on the floor with both legs straight. Slowly slide the heel of the leg you are planning to exercise towards your buttock, pulling the knee towards your chest.
- Hold this position for a few seconds.
- Then, slowly relax and return to the starting position. This is one repetition.
- Do at least 3 sets of 10 repetitions on each leg, a day.



Chair Lifts

- Lying on your back with both heels on top of a chair, stool, or lowered table, slowly tighten the muscles in the back of your thighs and buttocks, and raise both hips off of the floor.
- Hold this position for 2-5 seconds.
- Then, slowly return your hips to the starting position, keeping your muscles tight. Relax and take a deep breath. This is one repetition.
- Do 3 sets of 15-20 repetitions a day.



Excerpted from the premier patient guide to sports injuries, *100 Questions & Answers About Your Sports Injury*. Howard TM, Ho GWK, Lewis J. 100 Questions & Answers About Your Sports Injury. Sudbury: Jones and Bartlett Publishers 2008.