

# MEAD PHYSIO GROUP

LINKED HEALTH CARE

Physio | Clinical Pilates | Massage

## HAMSTRING REHABILITATION

### PREAMBLE

How well you recover from your hamstring injury is predicted by two measures:

- How long it takes you to walk painfree following the injury.
- Whether you have had a hamstring injury before.
- Lateral hamstrings tend to take longer to recover than medial strains.

### RICER

Rest from running, but continue to walk.

Ice immediately for 10 minutes every couple of hours.

Compression bandage should be used during the day only.

Avoid Anti-inflammatories if possible in the first 2 days.

**PHASE 1.** (Before Phase 2, must be painfree with light run)

- Stationary Bike 10 minutes.
- Walk \_\_\_\_\_ laps of the oval
- Prone knee bend 3X10.
- Stand against a wall and bend your knee up towards your bottom 3 X 10.
- Fast feet stepping in place, 2 x 1 minute.
- Prone body bridge 5 x 10 seconds.
- Supine bent knee bridge 10 x 5 seconds.
- Supine active knee extension with thigh supported at 90 degrees.

**PHASE 2.** (Before Phase 3, must be painfree with moderate run).

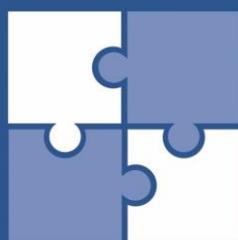
- Stationary Bike 10 minutes.
- Jog \_\_\_\_\_ laps of the oval at slow pace.
- Side shuffle 10m, 3 x 1 minute, moderate to high intensity, no pain.
- Grape vine jog 10m, 3 x 1 minute, moderate to high intensity, no pain.
- Boxer shuffle 10m 2 x 1 minute with short strides.
- Supine bent knee bridge with walk outs 3 x 10 reps.
- Single leg balance windmill touches without weight, 4 x 8 reps per arm.
- Lunge walk with opposite toe-hand touch and trunk lift with leg extension, 2x10 steps per limb.
- Prone knee bend with yellow theraband 3 X 10.

**PHASE 3.** (Before returning to game, must have two full training sessions without pain).

- Stationary Bike 10 minutes.
- Run \_\_\_\_\_ laps of the oval at moderate speed.
- Side shuffle jog x 30m, 3 x 1 minute, moderate to high intensity, no pain.
- Grape vine jog x 30m, 3 x 1 minute, moderate to high intensity, no pain.
- Boxer shuffle 10m 2 x 1 minute with large strides.

(08) 9293 1800 ■ [www.meadphysiogroup.com.au](http://www.meadphysiogroup.com.au)

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- f. Jog skip, incorporating flick kick at end of knee bend, 30m x 3.
- g. Forward/backward accelerations, 3 x 1 minute, start at 5m, then 10m, then 20m.
- h. Single-limb chair-bridge, 3x15, slow to fast speed.
- i. Single-limb balance windmill touches with dumbbells, 4x8 each leg.
- j. Lunge walk with opposite toe-hand touch and trunk lift/leg extension with dumbbells, 2x10 steps per limb
- k. Prone knee bends with green theraband through a pyramid of speeds (slow @ 10 reps > moderate @ 20 reps > fast @ 30 reps, then back down the pyramid).

## PREVENTION OF HAMSTRING INJURIES

Once you have sustained a hamstring injury you have a far greater chance of re-injury, particularly in the first three weeks following full return to play. If you have had a hamstring injury previously, you will need to wait at least 4 weeks before returning to full play.

### *Exercise 1.*

In pairs, have one player bend over the ball and roll it in an attempt to keep it away from the second player who is also bend from the waist. Once the second player has control of the ball, the roles are reversed. Do this for five (5) minutes.

### *Exercise 2.*

Shuttle sprints. Place two cones 30 m apart. When instructed, sprint the full distance between the cones. Allow 40 seconds break before repeating the sprint drill. This is repeated 12X.

### *Exercise 3.*

Windmills. Standing on one leg with the knee straight, bend over and touch your weight bearing ankle, kicking your opposite leg back behind you. Then come up a straight position remaining on one leg. Do this at speed. Repeat this 20X on each leg.

### *Exercise 4.*

Stretching when fatigued. Place your foot up on the boundary fence and with your back straight, lean over your thigh. Do not hold your stretch. Repeat the stretch 10X at each of three (3) positions; with your knee straight, knee bent to 10°, and 90°.

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