

# Hamstring Rehabilitation

Hamstrings are assisted in its role by gluteals and adductor magnus (groin). Therefore when considering strengthening hamstrings, these other muscle groups need to be included. Good core stability can reduce loading on the hamstrings.

## Strengthening exercises

One legged bridging, squat, split squat, ankle weights

Strength	6-8 reps	3-5 sets	2 min rest	Once 1-2 days
Size growth	8-12 reps	6 sets	2 min rest	Once 1-2 days
Power	15 reps	3-4 sets	3-4 min	Once 2-3 days

## Hamstring Rehabilitation Programme

- 2km jog
- 2km varying pace up to 75% maximum
- Run throughs: accelerate 40m, constant speed 20m, decelerate 40m (x3)
 

35m	20m	35m (x3)
30m	20m	30m (x3)
25m	20m	25m (x3)
20m	20m	20m (x3)
15m	20m	15m (x3)
- Run throughs: accelerate 40m, constant speed 20m, decelerate 40m (x3) – Faster constant speed than Stage 3
 

35m	20m	35m (x3)
25m	20m	25m (x3)
20m	20m	20m (x3)
15m	20m	15m (x3)
10m	20m	10m (x3)
- Running out to catch ball – uncontested (x5)
- Running out to catch ball – contested (x5)
- Running and picking up ball – contested (x5)

**Note:** If there is even the slightest increase in pulling sensation through the hamstring the session must cease immediately. Apply ice. The programme can be attempted again in minimum 12 hours. Commence the programme from the beginning each time so as to incorporate the endurance components. Ice is applied after each session. Jogging can commence as soon as the athlete can move without pain and limping. Usually it starts as a shuffle.

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