

Hamstring Strain Rehabilitation Guidelines

Hamstring injuries are one of the most common forms of soft tissue injury experienced in sports involving sprinting and rapid changes of direction. They have a high rate of recurrence, often due to inadequate rehabilitation and an early return to sport. The largest risk factor for a hamstring tear is a **history of previous injury**.

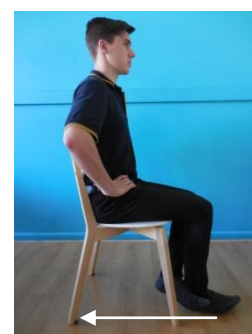
The hamstrings are located on the back of the thigh and affect movement at the hip and knee joints. Due to their impact on multiple joints, effective rehabilitation of a hamstring injury should factor in strength, flexibility, coordination and synergy with other lower limb muscle groups.

The guidelines and exercises described below are some of the more basic and effective rehab strategies utilised to restore normal hamstrings function following a tear – your physiotherapist will discuss with you any specific adaptations, progressions and precautions that have been tailored to your individual presentation. Any acute injury should be assessed by your physiotherapist prior to starting a rehabilitation program.

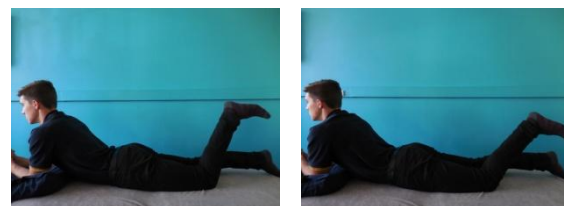
Early Phase Rehabilitation

- 1) RICE – 48-72 hours depending on injury severity
 - Rest – avoid aggravating activities such as heat, alcohol, running, massage (no HARM)
 - Ice – apply for 20 minutes every 2 hours
 - Compression – utilise a firm compressive garment over the affected limb (Skins or a compressive bandage such as tubigrip are appropriate)
 - Elevation – raise affected limb above level of heart (place on a pillow when lying down)

- 2) Isometric Contractions
 - Place good ankle behind affected ankle
 - Use the good leg to resist knee bend of the affected leg
 - Hold contraction for 3 seconds and relax
 - **Do not push into pain**



- 3) Hamstring Wiggles
 - Lie on your stomach and bend your knee up to 90 degrees
 - Kick your leg back and forwards in a small range as quickly as possible
 - Focus on coordination and control
 - **Do not push into pain**



Client:

Initial Consult:



4) Static Hamstring Stretch

- Place leg up on chair or low table
- Bend knee slightly
- Lean forward by bending at the hips, maintaining a neutral spine
- You should feel a muscular stretching sensation as opposed to a shooting neural sensation
- Aim to hold stretch for 30 seconds
- **Do not push into pain**



5) Static Glute Stretch

- Option 1: Lying on your back, bend both knees up to 45 degrees. Place ankle of targeted leg on opposite knee and pull knee to chest
- Option 2: Lying on your back, pull your knee up towards your opposite shoulder
- Aim to hold stretch for 30 seconds
- **Do not push into pain**

