

Hamstring Strain Exercises Phase I

Phase I: Initial injury to 1-2 weeks out depending on pain

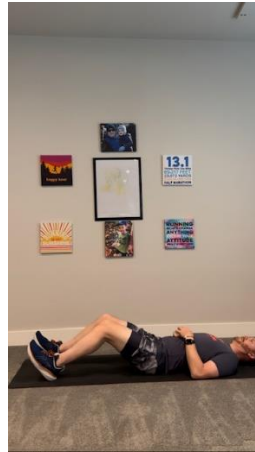
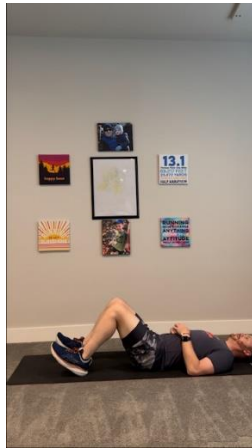
- **Gentle mobilization:** Can either use your hand or massage stick during Phase I. Move into tissue as sensitivity allows and roll with stick up and down on tissue. Start gentle and gradually increase pressure as sensitivity allows. Perform daily a few times day for 1-5 minutes



- **Gentle mobility/tissue flossing:** Lie supine with upper thigh perpendicular to the floor. Grab the back of the thigh and extend the knee to get a light stretch in hamstring, then back off. Repeat on and off. In this position Quad is activated to create a reciprocal inhibition to try and get the hamstring to relax. Perform daily a few times a day for 1 min on/off



- **Hamstring Isometrics:** Lie supine with knees bent. Try and dig heels into the floor as to push down and back to get hamstrings to contract. Hold for prescribed time and relax. Start closer to glutes and then gradually move feet further away as pain decreased to lengthen hamstring. Perform 1-2x/day for 2-3 sets of 10 reps. Start for 5 sec holds then gradually increase duration up to 20-30 seconds depending on pain (when ready progress to double leg bridge)



- **Single Leg Balance:** Balance on one foot in a slight hip hinge position. Don't allow knee to cave in. Recommend also performing barefoot to allow for keeping arch in foot to work on intrinsic foot muscles. Perform 1-2x/day for 3 sets of 30 seconds build to a minute

