



HAMSTRING PROGRAM

-Stage 1



Bridging holds (various positions)

- Knees bent (further from buttocks), keep knees apart
- Lift up bottom, keep pelvis aligned
- Hold __ sec, __ reps
- Progress to single leg or on tip toes



Hamstring Isometrics (on back)

- Push heel against foam roller or step.
- Keep knees straight and lift up buttocks
- Hold __ seconds, repeat __ repetitions, __ sets.
- Do __ times per day.



Hamstring Isometrics (in knee flexion)

- Push heel against wall, fixed bench or opposite leg. No actual movement.
- Painless exercise, think of this as Panadol.
- Hold __ seconds, repeat __ repetitions, __ sets. Do __ times per day.



Hamstring Isometrics (on stomach)

- Lie on tummy, block affected side with other leg
- Push painful side against other side
- Hold __ seconds, repeat __ repetitions, __ sets.
- Do __ times per day.