

## **HAMSTRING REHABILITATION PROGRAM POST INJURY**

### **FOLLOWING AN ACUTE TEAR – INITIAL 48 HOURS**

- Ice for 15 minutes then continue to ice every 2 hours for 15 minute blocks
- Compression bandage must be worn
- No alcohol
- No anti inflammatory medication
- No exercise

### **AFTER 2 DAYS: GUIDE BY PAIN, TO NOT PURSUE IF PAIN IS EVIDENT**

- Walk in water at the beach 10-15 minutes
- Gentle low intensity bike work
- Must ice following activity
- Keep wearing compression bandage

### **AFTER 3-4 DAYS:**

- Walk 10 -15 minutes
- Low intensity bike 15 minutes
- Very gentle stretching
- Commence anti inflammatory medication

### **AFTER 5-7 DAYS:**

- Walk 15 – 20 minutes
- Moderate intensity bike 25 minutes
- Gentle stretching
- Continue anti inflammatory medication
- Gentle massage
- Commence single leg balance activities

### **AFTER 8-14 DAYS:**

- Light jog and walk 10 – 15 minutes
- Moderate to high intensity bike 30 minutes
- Stretching
- Continue anti inflammatory medication
- Massage
- Continue single leg balance activities
- Double leg squats with swiss ball against wall
- Lunging
- Single leg press
- DB S/Leg bent over rows 2-3 sets x 12 reps
- DB S/Leg good mornings 2-3 sets x 12 reps
- Stationary kicking 15-30 kicks over 20 metres (guide by pain stop)
- Moderate intensity strides 6-10 reps of 80mt (guide by pain-cramping feeling stop)

### **AFTER 15-17 DAYS:**

- Run 7-10 minutes
- 10-14 reps of 60mt strides at 70-85% intensity with 40mt walk recovery
- Bum flicks, high knees, running backwards, fast feet, high knees backwards, flick outs, skip bounds. Perform over 15mt repeat 2 sets of 12 reps
- Stationary kicking 30-60 kicks both legs
- Continue anti inflammatory medications
- Double leg bridging 3 x 30 reps
- Alternate leg and arm extensions 3 x 30 reps
- Double arm and leg extensions 3 x 20 reps
- Belly to Spine leg extension 100's x 2 sets
- Massage
- Continue single leg balance activities
- Double leg squats with Swiss ball against wall
- Lunging
- Single Leg Press
- DB Single Leg bent over rows 2-3 sets x 12 reps
- BB Single Leg good mornings 2-3 sets x 12 reps
- Moderate intensity strides 6-10 reps of 80mt (guide by pain-cramping feeling stop)
- Stretching

### **AFTER 16-24 DAYS:**

- Run 5-10 minutes
- 16 x 20 reps of 60mt strides at 85-95% intensity with 40mt walk recovery
- Bum flicks, high knees, running backwards, fast feet, high knees backwards, flick outs, skip bounds. Perform over 15mt repeat 2 sets of 12 reps
- Stationary kicking 20-30 kicks both legs 20-30mt
- Kicking on the run 10 x 30
- Ground level pick-ups 6 x 6 stationary and then on the run
- Jumps at the ball 10-15 reps
- Double leg bridging 2 x 30 reps
- Single leg quarter squats 3 x 50 reps
- Alternate leg and arm extensions 3 x 30 reps
- Double arm and leg extensions 3 x 20 reps
- Belly to Spine leg extension 100's 2 sets
- Massage
- Continue single leg balance activities
- Double leg squats with Swiss ball against wall
- Lunging
- Single Leg Press
- Double Single Leg bent over rows 2-3 sets x 12 reps
- BB Single Leg good mornings 2-3 sets x 12 reps
- Moderate intensity strides 6-10 reps of 80mt (guide by pain – cramping feeling stop)
- Stretching