

ActivFit Physiotherapy

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Hamstring Rehabilitation

Immediately PRICE, ie rest, ice, compression, elevation, protect with strapping before leaving game or crutches if needed. Anti-inflammatories as prescribed.

Date of Injury

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Day 1-3 rest with limited walking, active exercises of standing knee bends, stomach lie buttock clenches and leg lifts

Day performed

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Day 3-7 physiotherapy session to assess hip, spine and knee and monitor program, massage mobilisation, increased activity walking, cycling; quads and calf exercises, glut and upper and lower hamstring stretches, balance exercises progressing to eyes shut, rotating body, catching balls etc, gentle knee bend exercises on tummy, standing knee bends then combines with hip extension

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Day 5-9 increase walking speed to jogging as pain allows, strong calf stretches, sciatic nerve stretches, complex balance exercises, gentle kicking eccentric exercises

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Progress single leg lunges
hopping front to back then side to side
Weights concentric and eccentric to hamstring, squats

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as pain allows increase jogging speed to 80%

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14-21 days Add swerve running slow to fast

Circle running both directions

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Figure 8 running to sprints figure 8 around goal posts

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Star sprints out and back from centre start

Piggyback swerve running

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Nordic Curls (reverse hamstring curl)

Return to full training for at least 2 full contact sessions prior to return game

Full stretch, sprints and kicks prior to training, ice after.