



## Hamstring Prevention Exercises

Hamstring Muscle strain/Tears are some of the most common lower limb injuries that can affect people of all ages and fitness levels.

In soccer, AFL, rugby and cricket these injuries make up 11-16% of all injuries (over 1 in 10 injuries), with 26% of all injuries in some sports (approx. 1 in 3) being attributed to hamstring injuries.

This happens when one or more of the three hamstring muscles in the back of your leg are injured. After you have experienced a hamstring strain you have between 15% to 30% chance of this happening again, with the chances increasing after multiple injuries.

After injury the recovery time to return to sport averages about 3.5 weeks but can be up to 2 months or longer in more severe cases. This may also affect return to work depending on your job.

This risk of injury can be significantly reduced by completing some simple hamstring prevention exercises, along with adhering to warm up and cool down principles. Load management will also decrease this risk (gradually increasing level of activity).

The way you move (biomechanics) and muscle imbalances can also affect you susceptibility to hamstring muscle/tendon injuries and this can be changed/improved to decrease this risk.

Below is a short list of exercises/stretchers you can do to lower your injury risk of hamstring injuries.



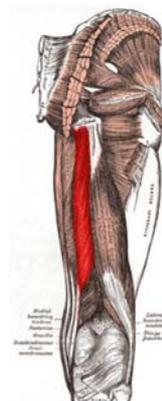
Figure 1: Hamstring muscle group

[http://westpointptc.com/wp-content/uploads/2020/01/Pulled\\_Hamstring-611x675.jpg](http://westpointptc.com/wp-content/uploads/2020/01/Pulled_Hamstring-611x675.jpg)

### **Biceps Femoris**



### **Semitendinosus**



### **Semimembranosus**



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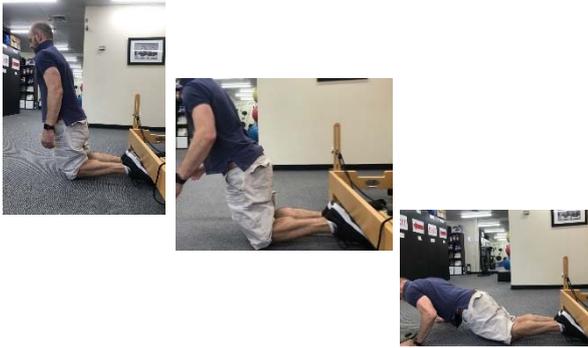
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## Hamstring Injury Prevention Exercises

These exercises should be ceased immediately if pain occurs, and medical advice sought prior to continuing. Exercises should be performed 1-2 times daily, with focus on technique rather than speed/huge repetitions.

<p>Nordic Hamstrings</p> <ul style="list-style-type: none"><li>- Secure feet under a solid object</li><li>- Keep back upright and slowly lower your body forward using your hamstrings (muscles on back of leg) until you can not lower any more</li><li>- Let your body fall forward onto hands gently</li></ul> <p>Repeat 10-20 times</p>	
<p>Standing on 1 leg</p> <ul style="list-style-type: none"><li>- Bend forward at hips, keeping slight curve in lower back</li><li>- Bend as far forward as you can with only a slightly bend knee and then return to standing straight</li></ul> <p>Repeat 10 times each leg</p>	
<p>Hamstring stretching</p> <ol style="list-style-type: none"><li>1. Sit on ground with opposite foot on thigh, Lean towards toes with leg out straight</li></ol> <p>OR</p> <ol style="list-style-type: none"><li>2. Lie on ground, with 1 leg flat on ground and other up against door frame, both legs straight</li></ol> <p>Hold at least 30 seconds, repeat on each leg</p>	 <p>Gentle stretching                      increased stretching</p>

\*\*\* These exercises are generic only and are not the best fit for all people. If you are experiencing pain, difficulty or recurrent injuries please consult a physiotherapist to receive an individualized exercise program that suits you. For further information feel free to contact our staff on (02) 63631031. \*\*\*

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