

Hamstring Pain



Scan this QR Code to access a detailed video that enhances the information in this handout. It includes step by step guidance and visual demonstrations for each exercise.

What causes hamstring pain?

Hamstring pain can stem from several causes, including hamstring tendinopathy, muscle injury, or trigger points. Tendinopathy involves degeneration of the tendons that connect the hamstring muscles to the pelvis and knee, often due to repetitive strain or overuse. Muscle injuries, such as strains or tears, typically occur from sudden movements, leading to sharp pain and sometimes swelling or bruising. Trigger points, or muscle "knots," can also cause hamstring pain by creating tight, sensitive areas in the muscle, often resulting from muscle overuse, prolonged sitting, or poor posture.

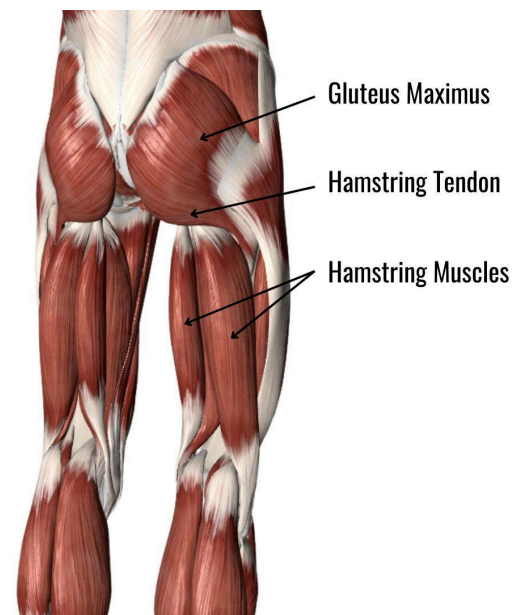
How is it treated?

Treatment typically includes rest, physical therapy exercises to stretch and strengthen the hamstring and surrounding muscles, and sometimes anti-inflammatory medications. In severe cases, injections or surgical options may be considered, but conservative treatments are often effective.

How long is the recovery?

Recovery time varies, but with consistent treatment, symptoms often improve within weeks. For some, a full return to normal activity may take a few months, depending on severity and adherence to therapy.

Resuming sports or activities should be gradual and based on pain tolerance. Avoid symptom-triggering activities until well-managed. Begin with low-impact exercises and gradually increase intensity.



Hamstring Rehabilitation Exercises

Do the following rehabilitation program once per day.

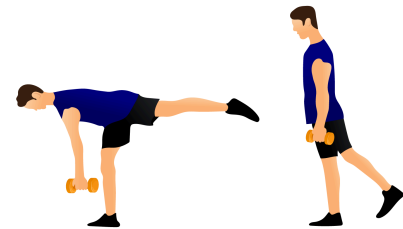
Standing Hamstring Curl

- Objective: activate and strengthen the hamstrings
- Bend one leg at the knee, bringing the heel towards your glutes. Focus on contracting the hamstrings to lift, holding for a second at the top, then lower back down. Hold onto a support if needed.
- Perform 2 sets of 8 to 10 repetitions on each side.



Single Leg Romanian Deadlift

- Objective: strengthen the hamstrings, glutes, and core
- Stand on one leg with a slight knee bend. Hinge at the hips, extending your other leg back as you lower your torso until you feel tension in the hamstring. Return to standing by engaging the hamstrings and glutes.
- Perform 2 sets of 8 to 10 repetitions on each side.



Prone Hip Extension

- Objective: strengthen the hamstrings and glutes
- Lie face down and engage your glutes and hamstrings to slowly lift one leg off the ground as high as comfortable. Hold briefly at the top, then lower back down slowly.
- Perform 2 sets of 8 to 10 repetitions on each side.



Isometric Glute Hip Bridge

- Objective: strengthen the gluteus maximus and hamstrings
- Lie down with knees bent and feet flat. Lift your hips to form a straight line from shoulders to knees, squeezing your glutes at the top. Begin with 6 holds of 10 seconds each, gradually working up to a continuous 1-minute hold.
- Perform 2 sets of 1 minute holds.



Seated Hamstring Stretch

- Objective: improve flexibility of the hamstrings
- Straighten out the affected leg and bend your other leg inwards. Hinge forward at the hips and reach towards the toes. Try to keep the leg as straight as possible.
- Hold this for 45 seconds, repeat on the other side.

