



Hamstring rehabilitation

Seek guidance from one of our physiotherapists regarding the expected progression through this programme.

Aim: safe, gradual increase in volume and intensity.

The rehabilitation session should cease with any increase in sensation in the hamstring (eg- “tugging” pain) or any limping. If this occurs, ice should be applied for 20 mins, and running not attempted for the following 48 hours or at least until after 2 days of walking pain free.

Following each exercise session, ice should be applied for 10-15 minutes.

- 1. Once walking has been pain free for a day, jogging may commence. This should be pain free and begin at “shuffling” pace. Progressing to jogging will vary and could occur between 1 day to 3 weeks after the initial injury.

Jogging should **always** be **totally** pain free without limping, with gradually increasing distance. Eg- Jog 50m then walk 50m. Progress to jogging 100m etc.

Jogging or running should be done every second day (“day on, day off” schedule) throughout the programme. Light swimming or cycling is ok on the days off.

- 2. Additional strength training (pain free!) should be done **after** each running session
Eg. Gluteal/ hamstring bridging (10-20 reps), Nordic lowers, Arabesque (see RPC website).
- 3. Hamstring stretches with both bent knee and straight knee should be performed 2-3 X daily (eg see RPC website). Back exercises should be done once per day, plus before and after training.
- 4. Jogging should progress to 2km pain free, without limping.
2km should be completed at varying pace, increasing to 75% of maximum pace.
- 5. 2x50% “strides” over 40m, followed by 2x50% strides over 100m, then 200m. This must be pain-free and performed not more often than every 2nd day and followed by a strengthening session. Pace can then be progressed to 70% 90% and 100%. Eg- 2 reps of each distance at the programmed pace.

Optional (these should only be done with supervision or by those experienced in rehab)

a) run throughs should commence

- accelerate gradually for 40m
- hold a constant speed for 20m (about 3.5 seconds, 50-60% pace)
- decelerate for 40m
- complete the above 2 times
- progress as follows

35m	20m	35m	(x2)
30m	20m	30m	(x2)
25m	20m	25m	(x2)
15m	20m	15m	(x2)

-NOTE: a total of 6-12 of these strides may be performed in each session. This is normally guided by your physiotherapist and pain free progression.

b) Run throughs should then progress in pace over subsequent sessions:

- accelerate gradually for 30m
- Hold a constant speed for 20m (about 2.5 secs, 70-90% pace)
- Decelerate for 30m
- complete the above 2 times
- progress as follows

25	20	25	(x2)
20	20	20	(x2)
15	20	15	(x2)
10	20	10	(x2)

- 6. 3 full training sessions should be completed in the week preceding the first game back (eg Sunday, Tuesday and Thursday) at full pace, as a normal training session. The Sunday session may consist of a 100% pace running session as above and should be completed as one of the indicators that you are safe to play the following Saturday.
- 7. One additional strengthening session should be completed early in the week for the remainder of the season (eg 50m “ball paddling” or "eccentric hamstring lowers” etc eg see RPC website) plus for the rest of your career for those with a past history of multiple hamstring strains. A 30% risk of re-injury exists for the remainder of the season.