

Hamstring Pain Exercise Sheet

Upper Hamstring Tendinopathy

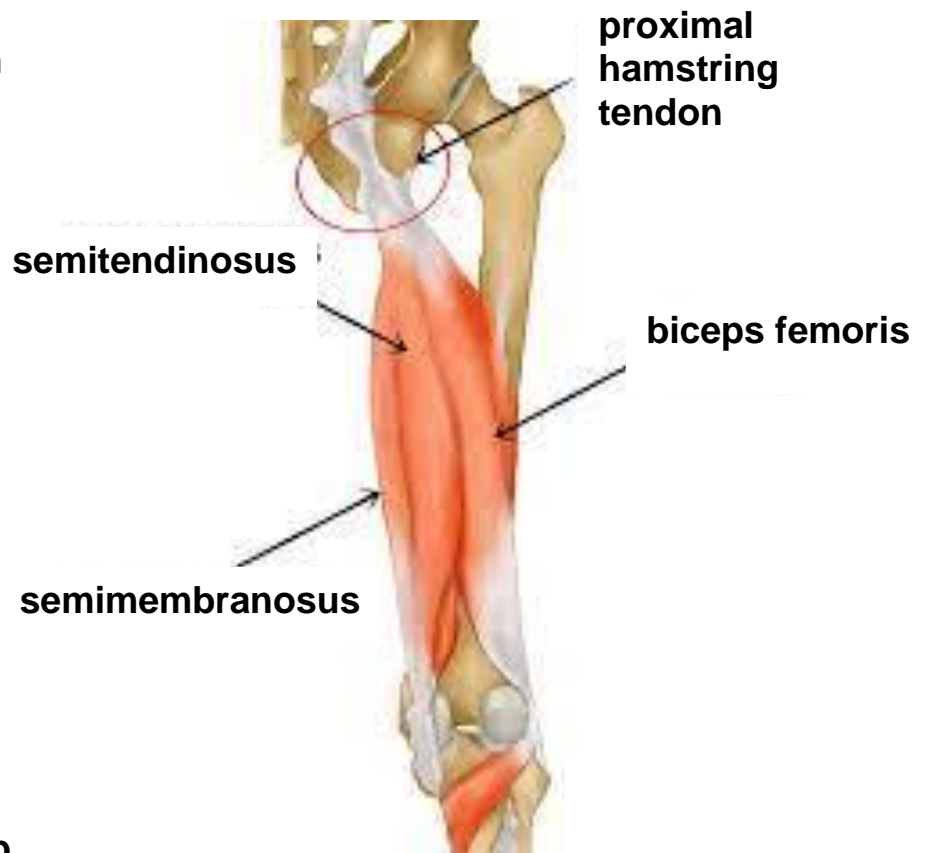
Accounts for 10% of running injuries.

Possible causes

Cause is most likely a chronic insertional problem rather than a tear unless caused by a slip.

Due to:

- Poor lumbopelvic control and weak abdominals
- Weak or tight hamstrings
- Weak hip abductors causing the feet to place near the midline while running



Usually suffer some pain before the tendon warms up but then can complete session without pain.

Also get pain when sitting or driving.

May feel more pain when increasing speed as load is increased.

Improving pain through strengthening the hamstring

Hamstring curl

Secure the band to the couch, a foot or the floor.

Perform an isometric contraction by bending at the knee and remaining static. Progress to a hamstring curl by moving the heel toward the buttock.



Hamstring Hinge

Stand with a pole balanced on the top of a foot and lean forward. This trains the standing leg. Add progression by addition of weights i.e. a kettlebell or hand or leg weights.

Improving hamstring pain through abdominal control

Hamstring pain can be caused by running with an anterior tilt which looks like someone is sticking the buttocks out. This can be helped by training the abdominals and core.

To target the abdominals to correct the anterior tilt encourage posterior tilt, start by pressing the small of the back into the couch. Imagine squashing a marshmallow between the gap. Then do some walking type leg raising movements. Progress by extending the leg straight. Remember to keep the small of the back against the couch.



Have someone place a band under the back with some tension to encourage you to remain with a posterior pelvic tilt.

Press the stick into the ground towards the feet and then perform marching whilst maintaining pelvic posterior tilt. Close the gap between the ribs and the hips.



Vary the exercise by placing the pole on the wall.

Also by using a stretch band.



Maintaining hamstring and gluteus maximus flexibility

Child's pose



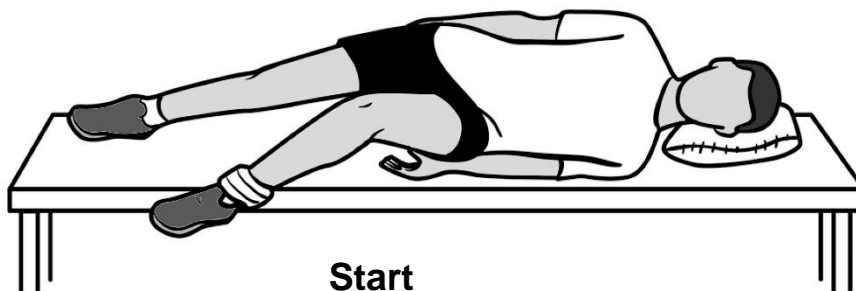
Improving hip abductor strength

Fire hydrants

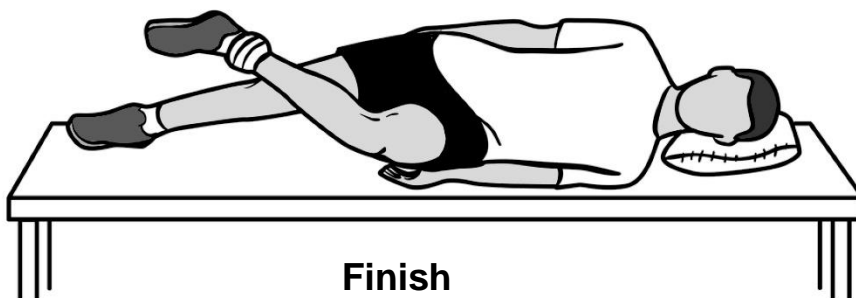


Take the leg out at 45 degrees to the side and perform up to 100 little circles. Raise the front arm only if this is too easy.

Hip external rotation exercise



Lay on your side with 90° hip flexion and 90° knee flexion. Allow the foot to hang over the side and raise the foot to the ceiling. Repeat up to 100 times.



Glute bridges



Contact heather@retunemassage.uk for further advice or an appointment.