

Progressive Hamstring Rehabilitation Program

Start 48 Hours after injury

Stage 1) 20 minute running sessions twice a day – Preceded by 10 mins **gentle** hamstring stretching.

Commence with short stride (shuffle) jogging - Increase stride length and pace as the ache allows. When 20 minute jog can be completed at satisfactory speed (eg 2km) without aggravating symptoms move to stage 2.

Stage 2) 100m Interval runs - Accelerate 40m, Maintain for 20m, Decelerate for 40m (X3)

Day 1) 50% of Max effort (X3)
Day 2) 60% of Max effort (X3)
Day 3) 70% of Max effort (X3)
Day 4) 80% of Max effort (X3)
Day 5) 90% of Max effort (X3)

If there is even the slightest increase in pulling sensation STOP immediately. (Rest, Ice, Compression, Elevation) Go back two days and try again tomorrow.

Stage 3) Commence Strength Training as discussed with trainer or coach.

Stage 4) Interval Running at 90 % max effort twice a day preceded by stage 1 exercises and combined with strength training.

Day 1) Accelerate 40m, Maintain 20m, Decelerate 40m (X3)
Day 2) 35m 20m 35m (X3)
Day 3) 25m 20m 25m (X3)
Day 4) 20m 20m 20m (X3)
Day 5) 15m 20m 15m (X3)
Day 6) 10m 20m 10m (X3)

Criteria for return to Sport:

- Completion of above programme
- Full range of movement (equal to uninjured leg)
- Full strength (at least 95% of uninjured leg)
- Pain free maximal contraction
- Satisfactory completion of functional tests:
 - Sprint from standing start (100% effort)
 - Abrupt changes of pace during run
 - Side stepping
- Successful completion of a full week of maximal training.