

Hamstring Strain

POSTERIOR THIGH

Muscle tear at the back of the thigh, usually from sprinting or over-stretching. Early lengthening exercises roughly halve the time to return to sport; Nordic curls then prevent re-injury.

1



The Extender

3 × 12, 2× daily

- Lie on your back, hip at 90°; slowly straighten the knee to a mild pull.
- Start from day 1–2 if pain-free.

2



The Diver

3 × 6, every 2nd day

- Stand on the injured leg; tip forward as the other leg lifts behind.
- Slow — 3 sec each way.

3



The Glider

3 × 4, every 3rd day

- Weight on the injured leg's heel; slide the other foot back, stopping before pain.
- Return using the arms, not the leg.

4



Nordic Hamstring Curl

2 × 5 → 3 × 8, 2× / week

- Kneel, ankles fixed; lower slowly, resisting with the hamstrings.
- From week 3–4 when pain-free.

5



Single-Leg Bridge

3 × 8 each

- One leg lifted; push through the other heel.
- Progress from week 2.

6



Hip Hinge

3 × 10 → add weight

- Soft knees; push hips back with a flat back.
- Feel the stretch, drive the hips forward.

HOW OFTEN

Lengthening exercises (1–3) start in the first days; Nordic curls from week 3–4. Return to sprinting only when cleared.

PAIN RULE & PROGRESSION

Mild discomfort up to 3/10 that settles by the next morning is acceptable. If higher, do fewer reps or a smaller range. Progress (more load, reps or range) once two sessions in a row stay within this rule.

SEE US SOONER IF

Large bruise, a palpable gap, or inability to walk — seek review for possible avulsion.