

# Julie Dass Injury Clinic

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Exercise plan:  
**Hamstring Stretches and  
Strengthening Exercises**

Patient:  
**Mrs Julie Dass**

Date:  
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## Toe touch

Keeping your legs straight, run your hands down the front of your thighs and touch your toes (or go down as far as feels comfortable). Hold the stretch as required, and then come up. This will increase the mobility in your spine, and also stretch your Hamstrings.

Video: <http://youtu.be/dkblfX4DW0>



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## Sitting forward hamstring and spine stretch

Sitting down, keep your legs straight in front of you, and reach forwards to touch your toes. Go as far as feels comfortable. You should feel a stretch in the back of the thighs/Hamstrings. Hold the stretch, and return to the start position.

Video: <http://youtu.be/0e56B0v4g7Y>



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## Single straight leg raise

Lie flat on your back, and lift a straight leg as far as feels comfortable. Hold this position, and relax. This exercise will stretch the hamstring. Do not worry if you cannot get your leg as high as Katy.

Video: <http://youtu.be/-pdGnp3B0PA>

## Bilateral straight leg raise



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Lie flat on your back, and lift both straight legs as far as feels comfortable. Hold this position, and relax. This exercise will stretch the Hamstrings, although to get your legs to this position will also use the lower abdominal muscles. Do not worry if you cannot get your legs as high as Katy.

Video: <http://youtu.be/BA8-M-AHxxU>

## Double leg back stretch



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Lie flat on your back, and bend your knees towards your chest. Hold this position and feel a gentle stretch in your back. If you get any groin pain while doing this exercise, stop and inform your therapist. Relax, and repeat as necessary.

Video: <http://youtu.be/ZEz80zvKUv4>

## Supine bridge basic



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Lie flat on your back, with your knees bent, squeeze your bottom muscles and lift your body upwards. Keep your arms by your side and use them to help you balance. Make sure you maintain good posture (do not over-arch your lower back) and contract the deep abdominal muscles by squeezing your tummy towards your spine. This exercise helps to strengthen the abdominal, lower back, gluteal and hamstring muscles.

Video: [http://youtu.be/fK\\_xUE3OKIE](http://youtu.be/fK_xUE3OKIE)

## Supine bridge hard



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Lie flat on your back with your arms by your side, and with your knees bent. Squeeze your bottom muscles and lift your back upwards and straighten one leg. Make sure you maintain good posture (do not over-arch your lower back) and contract the deep abdominal muscles by squeezing your tummy towards your spine. This exercise helps to strengthen the abdominal, lower back, gluteal and hamstring muscles.

Video: <http://youtu.be/x-b9yvFzLqk>

## Hip extension knees bent

Lie on your front, and bend both knees to 90 degrees. Extend your hips as if you were pushing the soles of your feet towards the ceiling. Apart from improving posture, this can also strengthen the erector spinae back and gluteal muscles.

Video: <http://youtu.be/I7WG4SQ2tWE>



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## Swiss ball supine bridge body extension

Lie flat on your back, with your feet resting on a Swiss ball, and your arms by your side (palms face down). Squeeze your bottom muscles and lift your back upwards. Once in a comfortable position, bend your knees and lift your torso in the air. Make sure you maintain good posture and contract the deep abdominal muscles by squeezing your tummy towards your spine. This exercise helps to strengthen the abdominal, lower back, gluteal and hamstring muscles.

Video: [http://youtu.be/wa\\_Xun5Y7pk](http://youtu.be/wa_Xun5Y7pk)



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## Mountain climber

Start in a press-up position, and bring one leg in so your left knee is close to your left hand. Straight away, take it back out and then bring your right knee in towards your right hand, and repeat. This exercise is great for strength-endurance and works the whole body.

Video: <http://youtu.be/GIEr1JgtdiU>



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## Mountain jumper / Squat thrust

Start in a press-up position, and jump both legs in towards your chest, and then jump both legs out so they are straight. This exercise is great for strength-endurance and works the whole body.

Video: <http://youtu.be/1JnU1ITXtJk>



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## Eccentric hamstring catch/flicks



Lie face down, and bend your knee so your heel is close to your bottom. Quickly drop your foot towards the floor, but catch/stop the movement before you reach full leg extension. Flick the hamstring by bringing your foot back up to your bottom.

Video: <http://youtu.be/zjcwUtpgoq0>

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## Isometric hamstring curl double-leg supine



Lie down on your back, and bend both knees. Drag your heels along the floor towards your buttocks, pushing your heels into the floor. This creates a contraction of the hamstring muscles (back of the thighs).

Video: <http://youtu.be/lyUJuke2ilPw>

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Dear Mrs Dass, please stop any exercise that causes pain. If you have any questions with an exercise, just email us on [stablestherapycentre@gmail.com](mailto:stablestherapycentre@gmail.com). Good luck and keep with it!