

Proximal Hamstring Tendinopathy

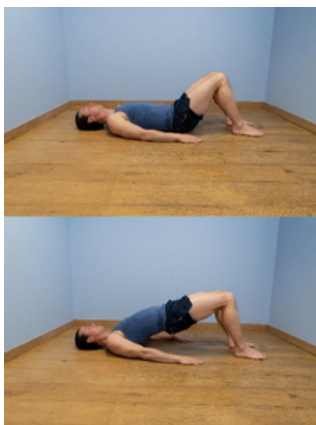
Intermediate Programme

Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 5/10 whilst completing this exercise programme.



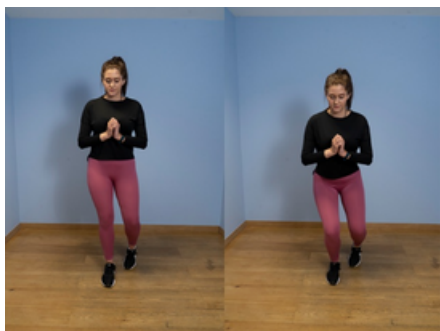
1. Step up

- Stand at the bottom of a step facing it – hold on to the wall/bannister if required for balance and/or support.
- Lift the affected leg and place the foot of the leading leg fully on the step.
- Straighten the leading leg by squeezing the thigh and buttock muscles as you rise up onto the step and bring the trailing leg up into standing.
- Reverse the movement carefully and with control, placing emphasis on using the standing leg.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**



2. Bridge in lying

- Lie on your back on the floor or bed with your knees bent at 90 degrees and your feet on the floor and your arms down by your side.
- Push your heels down into the floor to gently lift your hips upwards. Lift as high as you feel comfortable but no higher than a straight line between hips, knees and shoulders.
- If you feel discomfort, then try squeezing your tummy and bum muscles before starting the lift.
- Hold at the top for 5 seconds.
- Push up as far as you feel comfortable, and pain and stiffness allow.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**



3. Single leg squat with toe touch

- Start by standing with all the weight on one leg.
- Now place the other leg on the floor on the ball of the foot next to or slightly behind the standing leg.
- Begin with 60% of the weight on the standing leg and 40% on the supporting leg.
- Bend the knee and at the same time bend the hip as if you were sitting back into a chair.
- Go down until the standing knee is approximately at a right angle.
- Slowly return to an upright position and repeat.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**