

Preventative Exercises for High Hamstring

Outline

1. Double leg glute bridge x 60 seconds
2. Front plank x 60 seconds
3. Double leg glute bridge with leg lifts x 15 each leg
4. Front plank with leg lifts x 60 seconds
5. Standing hamstring “catch” x 15 each leg
6. Swiss ball curls and Swiss ball curls with one leg x 15

Exercise descriptions and images

Double leg glute bridge



Lie on your back with your legs bent so your feet are flat on the ground. Your feet should be about 2-3 feet away from your backside. Using your glutes, hips and lower back, thrust your pelvis off the ground with both legs. Hold this position.

Front plank



There are three versions of this exercise. The easiest is balancing on your hands and your toes. Keeping your back in a straight line, no slouching. To make more difficult, balance on your forearms rather than your hands.

Double leg glute bridge with leg lifts



Lie on your back with your legs bent so your feet are flat on the ground. Your feet should be about 2-3 feet away from your backside. Using your glutes, hips and lower back, thrust your pelvis off the ground with both legs. Hold this position. Slowly straighten one leg, pause for 1-2 seconds and return. Switch legs and repeat. This is one repetition.

Front plank with leg lifts



Same as the basic front plank but to make more difficult, raise one leg up and hold for 5- 10 seconds. Finally, you can make this more difficult by placing your forearms farther out in front of you rather than under your chest.

Standing hamstring “catch”



Standing tall, lower your leg and try to contract your hamstring as you do so. If you're just starting to recover from the injury, move slowly at all times. As you get healthier, you can eccentrically contract the hamstring more forcefully and “catch” it at the bottom as demonstrated.

Swiss ball curls and Swiss ball curls with one leg



Lie flat on your back with one leg bent, heel on a stability ball and the other leg in the air, straight and in line with the thigh of your opposite leg. Slowly curl the leg on the swiss ball towards your butt. As you pull the ball towards you, your foot will naturally move so that your foot touches the ball, not your ankle.