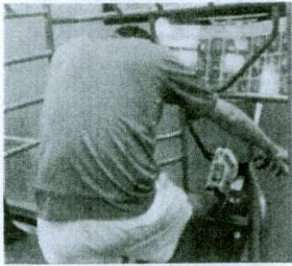




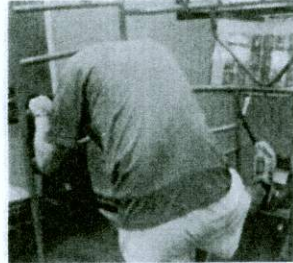
Sports Medicine

Hamstring School

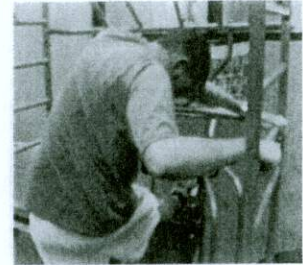
1. Neural Tension Release:



Base Position:
 Keep knee extended,
 pull toes back, tuck chin,
 and bend at the waist
 Windshield wiper foot
 (3 reps x 30 sec)

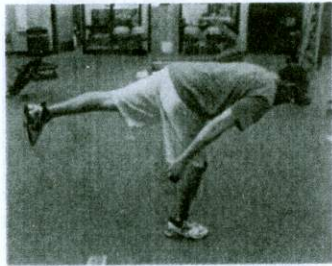


NTR Exercise 2:
 Start in Base Position,
 Rotate body Left,
 Windshield wiper foot
 (3 reps x 30 sec)



NTR Exercise 3:
 Start in Base Position
 Rotate body Right
 Windshield wiper foot
 (3 reps x 30 sec)

2. Bird Feeders:

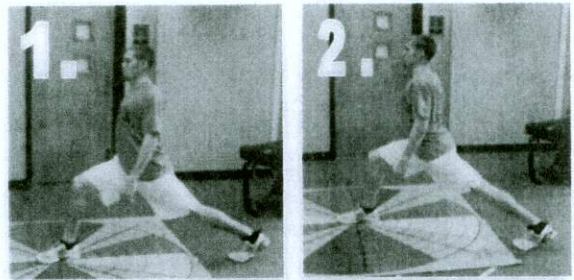
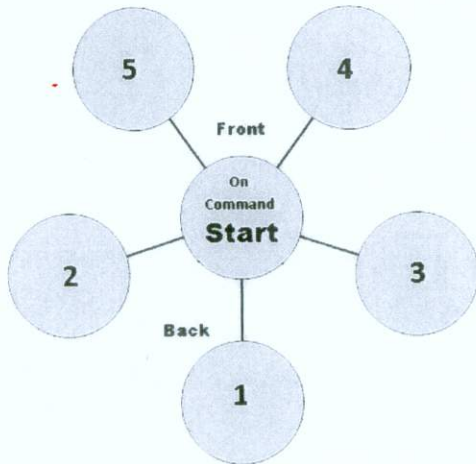


Keep knee slightly bent on weight bearing leg
 Keep back straight
 Trunk flex to 90°
 4 ballistic bobs at end range of each rep.
 (3 sets x 10 reps)



3. Multi-Planar Speed Lunge:

Keep back straight
 Look forward, focus on reach
 Emphasize quickness
 (3 sets x 1 min.)



4. Sagittal Core with Medicine Ball



Slight bend in knees
 Start ball above head,
 bring ball between legs
 and tap ball against wall
 Keep back flat
 (60 reps in 60 secs)
 (3 sets)

5. V. Power Runner



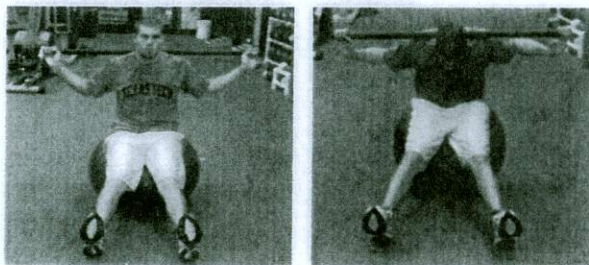
1. Focus on reach
 2. Drive leg forward
 Keep back straight
 Emphasize quickness
 (3 sets x 12 reps)

6. Lawn Mowers



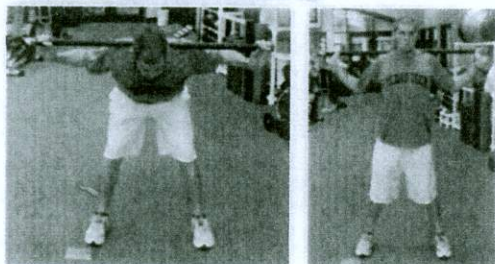
1. Reach across body; don't let weight touch the ground
2. Bring knee high and arm cross the body
Keep arm & back straight
(2 sets x 6 reps; 1 set to fatigue)

7. Good Mornings on Stability Ball



- Keep back flat & straight; feet shoulder length apart, lockout knees
Emphasize quickness
(1 set x 20 reps)

8. Standing Good Mornings



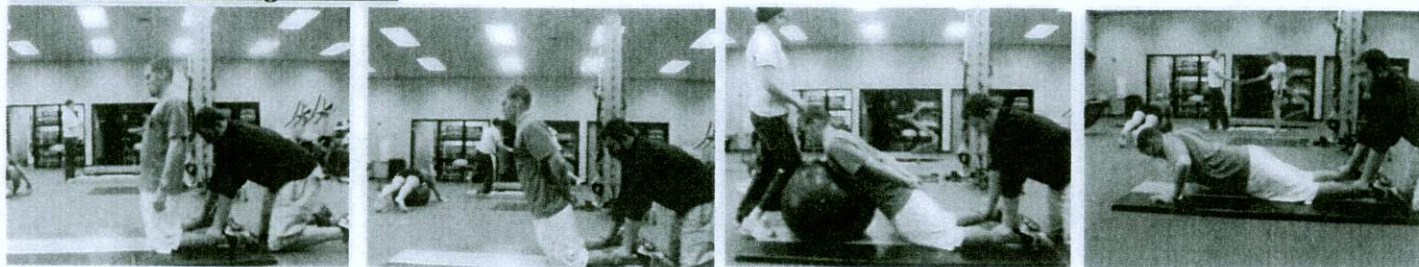
- Slight bend in the knees; feet shoulder length apart
Keep back straight; Emphasize quickness
(1 set x 20 reps)

9. Straight Leg Deadlift



- Don't lock knees,
feet shoulder length apart
Keep back flat,
squeeze butt at top
Keep bar close to the body
(1 set x 15-20 reps)

10. Russian Hamstring Exercises



1. Start/Return Position

2. Lean far as possible,
hold and return to #1

3. Slow downward movement
push off ball with chest and
ballistic return to #1

4. Slow downward movement,
push off floor and
ballistic return to #1

Always keep back flat & straight; Lock & lead with hips (don't stick butt out); Movement should be controlled and smooth
(1 set x 5-10 reps)



12. Wall Stretch

3 Minutes

30 second stretch

10 second push against wall

Move closer to wall and repeat

