

### Clinician Notes

This is a standard protocol you can do at home before you have a chance to arrange for a meeting with CRW Athletic Training. Do not hesitate to contact [crwathletictraining@ecu.edu](mailto:crwathletictraining@ecu.edu) to arrange for an evaluation and protocol plan specific to you

STEP 1



STEP 2



### Sidelying Hip Abduction

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin lying on your side with your top leg straight and your bottom leg bent.

#### Movement

Lift your top leg up toward the ceiling, then slowly lower it back down and repeat.

#### Tip

Make sure to keep your leg straight and do not let your hips roll backward or forward during the exercise.

STEP 1



STEP 2



### Sidelying Hip Adduction

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin by lying on your side with one knee bent and your foot resting in front of your other leg.

#### Movement

Slowly lift your straight leg towards the ceiling, then lower it back to the starting position.

#### Tip

Do not let your hips roll backward or forward during the exercise.

STEP 1



STEP 2



### Sidelying Hip Abduction

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin lying on your side with your legs straight.

#### Movement

Slowly lift your top leg up towards the ceiling, then lower it back to the starting position and repeat.

#### Tip

Make sure to keep your knee straight and do not let your hips roll forward or backward during the exercise.

STEP 1



STEP 2



### Prone Hip Extension

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin by lying on your stomach with both legs stretched straight behind you.

#### Movement

Slowly lift one leg upward as far as you can without arching your low back, then lower it back to the starting position.

#### Tip

Make sure to keep your knee straight and trunk steady during the exercise.

STEP 1



STEP 2



STEP 3



### Straight Leg Raise with External Rotation

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin by lying on your back with one knee bent and your other leg laying flat.

#### Movement

Slowly rotate your straight leg outward, then tighten your abdominal muscles and lift it until it is parallel with your other thigh.

#### Tip

Do not let your low back arch during the exercise.

STEP 1



STEP 2



### Clamshell

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin lying on your side with your knees bent and your hips and shoulders stacked.

#### Movement

Engage your abdominals and raise your top knee up toward the ceiling, then slowly return to the starting position and repeat.

#### Tip

Make sure to keep your core engaged and do not roll your hips forward or backward during the exercise.

STEP 1



STEP 2



### Supine Heel Slide

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin lying on your back with your legs straight.

#### Movement

Slowly slide one heel on the floor toward your buttocks, until you feel a stretch in your knee or upper leg, then slide it back out and repeat.

#### Tip

Make sure not to arch your low back or twist your body as you move your leg.

STEP 1



STEP 2



### Supine Quad Set

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin lying on your back with one knee bent and your other leg straight with your knee resting on a towel roll.

#### Movement

Gently squeeze your thigh muscles, pushing the back of your knee down into the towel.

#### Tip

Make sure to keep your back flat against the floor during the exercise.

STEP 1



STEP 2



### Supine March

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin lying on your back with your arms resting at your sides, your knees bent and your feet flat on the ground.

#### Movement

Tighten your abdominals and slowly raise one of your legs off the floor, keeping your knee bent. Then return to the starting position and repeat with your other leg.

#### Tip

Make sure to keep your trunk stiff during the exercise and do not let your low back arch.

STEP 1



STEP 2



### Seated Long Arc Quad

**REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin sitting upright in a chair.

#### Movement

Slowly straighten one knee so that your leg is straight out in front of you. Hold, and then return to starting position and repeat.

#### Tip

Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



STEP 3



### Seated March

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin sitting upright in a chair with your feet flat on the floor.

#### Movement

Keeping your knee bent, lift one leg then lower it back to the ground and repeat with your other leg. Continue this movement, alternating between each leg.

#### Tip

Make sure to keep your back straight and do not let it arch as you lift your legs.

STEP 1



STEP 2



### Quadruped Hip Extension Kicks

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin on all fours with your hands under your shoulders and your knees under your hips.

#### Movement

Lift one knee off the ground, keeping your knee bent, and push your foot toward the ceiling. Relax, then repeat this movement.

#### Tip

Make sure to engage your core and do not let your hips rotate or drop to either side.

STEP 1



STEP 2



### Supine Hamstring Stretch with Strap

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin lying on your back with your legs straight, holding the end of a strap that is looped around one foot.

#### Movement

Use the strap to pull your leg up toward your body until you feel a gentle stretch in the back of your upper leg. Hold this position.

#### Tip

Make sure to keep your other leg straight on the ground during the stretch.

STEP 1



STEP 2



### Half Kneeling Hip Flexor Stretch

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin in a half kneeling position with one knee bent in front of your body.

#### Movement

Tighten your abdominals, tilt your pelvis backward, and gently push your hips forward. You should feel a stretch in the front of your hip.

#### Tip

Make sure to keep your hips facing forward and back straight during the exercise.

STEP 1



STEP 2



### Supine Single Knee to Chest Stretch

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin lying on your back with your legs straight.

#### Movement

Using your hands, slowly pull one knee toward your chest until you feel a gentle stretch in your lower back.

#### Tip

Make sure to keep your back relaxed and flat on the ground during the stretch.

STEP 1



STEP 2



## Prone Quadriceps Stretch with Strap

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

### Setup

Begin lying on your front with your legs straight, holding the end of a strap that is looped around one foot.

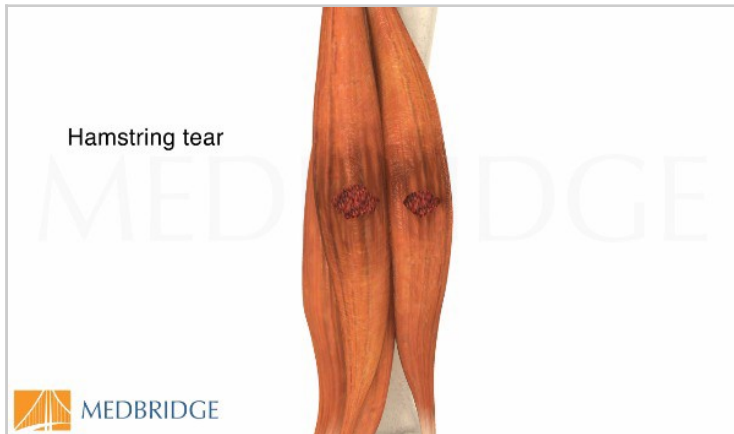
### Movement

Pull the end of the strap over your shoulder on the same side of your body, bending your knee, until you feel a gentle stretch in your thigh.

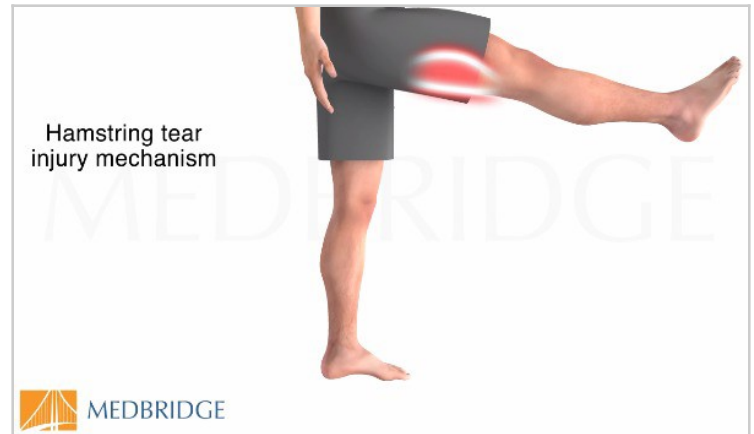
### Tip

Do not let your low back arch during the stretch.

# Hamstring Strain



**Back of Leg: Torn Hamstring**



**Torn Hamstring: Injury Mechanism**

A hamstring tear is an injury to the muscles in the back of your thigh. The three muscles that make up this group are called the biceps femoris, semitendinosus, and semimembranosus.

If the muscles or tendons that attach the muscle to bone are injured, it is called a hamstring tear. Tears can be mild or severe, with severe tears causing the muscle to completely tear, possibly requiring surgery. Hamstring muscles are often injured during sports that involve sprinting, or quick changes of direction in movement. Muscle tightness, muscle weakness, or muscle fatigue can also increase your risk of a hamstring tear.

The most common symptom of a hamstring tear is sudden pain in the back of the thigh. Bruising and swelling may occur right after you injure the muscle. It may be difficult for you to walk, run, stand up from a chair, or climb stairs. The muscle may also feel fatigued or tired and weak.

Therapy can help you to decrease the pain and swelling caused by a hamstring tear. You will learn how to increase your activity gradually while you heal. Your therapist will also teach you how to stretch, strengthen, and move your body in the right ways to avoid reinjury.