

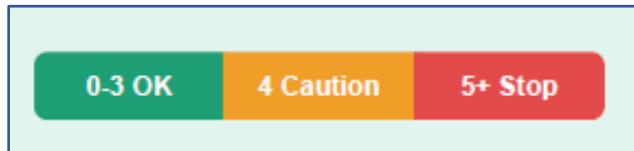
Proximal Hamstring Rehabilitation

Progressive loading programme for proximal hamstring tendinopathy / common hamstring origin tear



This programme has been tailored for a 52-year-old female distance runner. MRI confirmed a partial thickness tear to the common hamstring origin. She received 3 PRP (platelet-rich plasma) injections over a 6-week period prior to commencing this rehabilitation programme.

PAIN GUIDE



0-4/10 during exercise is acceptable – must settle within 24 hours.
STOP if pain exceeds 5/10.

KEY PRINCIPLES

- *Progressive loading is more effective than rest alone*
- *Avoid deep hamstring stretching in early phases*
- *Pain up to 3-4/10 during exercise is acceptable*
- *Phase order: Isometric -> Strength -> Energy storage -> Running*

Settle pain and activate – Weeks 1-3 post-PRP | Isometric focus

Goals: <ul style="list-style-type: none">• Reduce pain at the sit bone• Maintain gentle muscle activation• Avoid tendon compression	Avoid: <ul style="list-style-type: none">• Hills and speed work• Long sitting with hips flexed• Aggressive stretching
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Exercises

- Isometric bridge holds;** 30-45 sec x 4-5 reps
- Glute bridges;** double leg
- Standing hip extension;** light resistance band only
- Core work;** planks, dead bugs

Strength building – Weeks 3-8 | Introduce easy flat running

Goals: <ul style="list-style-type: none">• Load tendon progressively• Build posterior chain strength	Running: <ul style="list-style-type: none">• Easy flat running only• Walk-Run intervals if needed• No hills or speed work yet
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This programme is a guide only. Progress is individual — always follow your clinician's advice. If in doubt, contact your treating practitioner before advancing phases.

Exercises

- **Single-leg bridges**
- **Romanian deadlifts – RDLs**; start light, progress load gradually
- **Hamstring curls**; swiss ball or machine
- **Step-ups**
- **Hip thrusts**

Heavy and functional loading – Weeks 8-16 | Increase running volume

Goals:

- Improve tendon stiffness and strength
- Prepare for full running demands

Running:

- Increase volume gradually
- Avoid sprinting / hills early
- Introduce light plyometrics: skipping, small hops

Exercises

- **Heavy RDLs**
- **Split squats**
- **Single-leg deadlifts**
- **Nordic hamstring curls**; if tolerated – start with limited range
- **Cable pull-throughs**
- **Isometric holds at longer muscle lengths**

Return to performance – Weeks 16+ | Restore speed, elasticity and endurance

Running:

- Strides – short accelerations
- Hill running (gradual reintroduction)
- Interval training

Plyometrics:

- Bounding
- Single-leg hops
- Sprint drills

RED FLAGS – pause and contact your clinician

- Sit bone pain worsening rather than improving
- Morning stiffness increasing over several days
- Pain persisting beyond 24-48 hours after exercise

Distance runner tips

- Avoid overstriding – a common trigger for proximal hamstring pain
- Slightly increase your running cadence (steps per minute)
- Limit downhill running until well into Phase 4
- Always warm up glutes and hamstrings before running

Disclaimer

This rehab protocol was used for this patient and should not be used without supervision by your physiotherapist or sports physician.

This document is provided as an example of multidisciplinary management and does not constitute medical advice. Individual presentations vary and all clinical decisions should be made in consultation with a qualified healthcare professional.