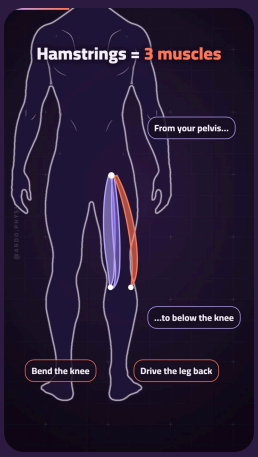
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FREE GUIDE

The hamstring comeback plan

For a mild hamstring strain. Protect it, load it gently, rebuild strength, then run.



1 Start: heel-dig hold

5 HOLDS **10 SECONDS** **2–3× A DAY**

1. Lie on your back, injured knee bent, foot flat.
2. **Dig your heel** into the floor and pull it towards your bottom, without moving.
3. Push only as hard as is comfortable. Hold **10 seconds**, relax.
4. **Pain rule:** up to 3 out of 10 is OK if it settles by the next morning.



2 Build back, step by step

Move up only when the step feels comfortable.

1. **Bridges** on both legs
2. **Single-leg bridges**, then feet further away
3. **Hip hinges**: flat back, soft knee, slow
4. Slow **lengthening exercises**
5. **Jog**, then run faster, then sprint

Back to sport: strength close to the other leg, and no pain at full speed.

⚠ Get it checked first if...

- you felt a **big pop** or feel a **gap** in the muscle
- you **can't walk normally**
- there's **a lot of bruising**
- **numbness, tingling or weakness** in your lower leg or foot
- your **calf is swollen, warm and tender** (same day)



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Educational content only. Not a substitute for an in-person assessment by a physiotherapist or doctor. Stop any exercise that causes sharp or worsening pain. Lengthening-focused rehab: back in about 28 vs 51 days. Askling et al., Br J Sports Med, 2013.