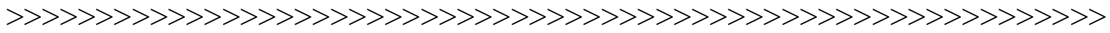


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Proximal Hamstring Tendinopathy

Proximal Hamstring Tendinopathy occurs due to degeneration of the tendon's collagen. It develops due to overuse of the muscle and lack of healing. It's more common in athletes and can occur due to repetitive strain injuries.

Pain management methods:

Speak to your GP/pharmacist about pain relief if needed
We advise the use of heat packs 10-15 minutes daily and/or after exercise.

Hamstring stretch:



- Lie down on your back
- Place a towel or scarf around your toes
- Extend your leg and pull the towel towards you
- Hold 20 seconds
- 3 repetitions



Isometric flexion:

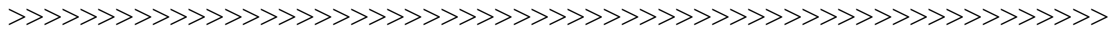
- Sit on the floor
- Slightly bend your injured leg
- Dig the heel of your injured leg into the floor by tighten up the back of your thigh muscles
- Hold 10 seconds
- 5 repetitions



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Resisted isometric flexion:



- Lie down on your front
- Wrap an elastic band around your ankle and to a fixed surface (like a table leg), or ask someone to resist the movement with their hands
- Contract your hamstring against the band without bend completely your knee
- Hold this position for 10 seconds
- 5 – 10 repetitions



Bridge with leg extension:

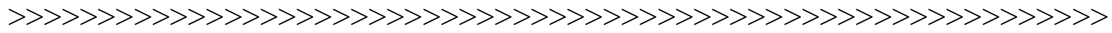
- Lie on your back
- Bend both knees
- Lift up your hips
- Keeping your pelvis level, straight one leg up
- Hold 10 seconds
- 10 repetitions
- Repeat for the opposite side



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Trigger Points

- Sit down on a hard chair
- Place a tennis ball under your thigh, on the painful area
- Lean forward and rest your arm and body weight on your thigh
 - Gently extend and bend your knee
 - 10 repetitions
 - 3 sets

