



1/3 OF HAMSTRING INJURES RECUR WITHIN 1 YEAR

1 - Elevate legs on an exercise ball, brace your core.

2 - Keeping your hips elevated off the ground, roll the ball in towards you.

3 - Return to starting position; relax hips to the ground between reps if needed.

ADVANCED
HAMSTRING
STRENGTH



TRY TO COMPLETE 3 SETS OF 8 - 10 REPS!

THE DREADED HAMSTRING INJURY

Hamstrings are a very common muscle group that gets strained - from sports injuries to stepping weird on a hike.

Not only are they a common area of injury, but nearly ONE-THIRD of hamstring strains recur within the first year after injury!

How do we prevent recurrence? STRENGTH! One of the most important aspects of recovering from a hamstring strain is strengthening those muscles (once safe to do so of course!).

PREVENTION IS THE BEST STRATEGY

Hamstring Ball Curls are an advanced exercise to strengthen the hamstrings, either after your strain has recovered and you are pain-free, or as a preventive measure against a pull.

GIVE IT A TRY AND FEEL THE BURN!



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