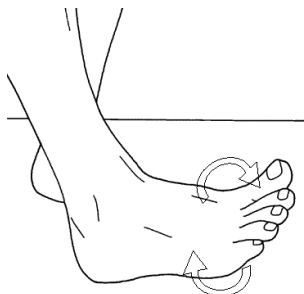




## Hamstring Sprain Or Tear

In the first week following your injury the application of ice is recommended. Apply ice or a bag of frozen peas wrapped in a damp tea towel to the painful area on the back of your leg for 10 – 15 minutes. A two hour gap between applications is recommended.

Elevation is also recommended whilst swelling persists and ideally the foot should be as high as the hip or higher. Ensure the knee is bent to take the strain off the muscle. It is better not to walk or exercise but to rest for this initial time period. Gentle movements of the foot, ankle and knee are sufficient.



With your foot elevated circle your ankle.

Change directions.

Repeat: 20 times, four times daily.

At two days post-injury it is important to move your knee because this helps the repairing muscle cells heal. Walking as pain allows also facilitates the healing process. Again do not stand or walk for so long that pain and swelling increase.

Gentle hamstring stretches should be performed ideally when the muscle is warm, for example after a walk, a hot bath or an application of a hot pack for 10 to 15 minutes. The stretch

## Hamstring Sprain Or Tear

should nudge into the pain and be sustained for 30 seconds and be repeated four times.

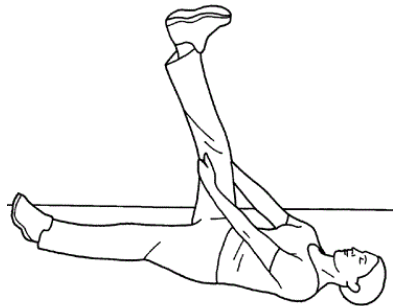


Place your foot on a low stool or step, keeping your knee straight.

Reach both hands down to your toes until you feel a pull in the back of your thigh.

Lying on your back, lift your leg towards your chest. Place your hands behind the knee.

Gently pull your leg towards your chest. Feel the stretch behind your thigh.



### Try these exercises:



Lying face down with your hips straight and knees together, bend your knee as far as possible keeping hip straight and ankle flexed.

Hold for three seconds. Repeat 10 times.

## Hamstring Sprain Or Tear



Bend your knee and lift your foot off the floor.

Hold for three seconds. Repeat 10 times.

This exercise can be progressed by adding a weight to the foot, for example a small bag of rice inside your sock.

Around two to three weeks post-injury, once walking is comfortable, gradual strengthening exercises can be started (for example, gentle cycling and swimming).

Running, jumping and other “bounce” type activities, for example, football, netball and dancing should be introduced gradually at around four to six weeks post-injury.

**Pictures:physiotools**

**Link to Exercise Videos:**

<https://gateway.physiotools.com/Print/P.aspx?PrintDataId=d5a19b3df2874ae33170C70&PtVer=201901>

**Please retain this leaflet for future reference.**



# Hamstring Sprain Or Tear

**For further advice or information you can telephone your local Minor Injury Unit (MIU):**

## **Chippenham Community Hospital**

Rowden Hill  
Chippenham  
SN15 2AJ

Tel: 01249 456 403/4

Open: 07.00 to 23.00; seven days a week

## **Trowbridge Community Hospital**

Adcroft Street  
Trowbridge  
BA14 8PH

Tel 01225 711 329

Open: 07.00 to 23.00; seven days a week

Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

**This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email [gwh.pals@nhs.net](mailto:gwh.pals@nhs.net).**

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