HamstringInjurySolution.com

HAMSTRING INJURY SOLUTION

Get Pain Free and Enjoy Life

Rick Kaselj, MS

Table of Contents

Title:
Hamstring Injury Solution

Edition:
1st Edition (April 2013)

Author: Kaselj, Rick, 1973 –

Key words: Hamstring injury, how to treat a hamstring injury, hamstring injury treatment

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Exercise Considerations

Consult with a physician before beginning the exercises in this book. A physician can determine which exercises are appropriate for you or your clients, and if any should be avoided or modified.

Disclaimer

Hamstring Injury Solution is primarily an educational resource and is not intended to take the place of the advice and recommendations of a physician. If you suspect your client has a health problem, please have him or her seek the services of a physician or healthcare professional.

Exercise is an ever-changing science. As new research and clinical experience broaden our knowledge, changes in exercise and exercise prescriptions are inevitable. The author has checked with sources believed to be reliable in his effort to provide information that is complete and generally in accord with the standards accepted at the time of publication. However, in view of the possibility of human error or changes in exercise science, neither the author nor any other party who has been involved in the preparation or publication of this work warrants that the information contained herein is in every respect accurate or complete, and they are not responsible for any errors or omissions or for the results obtained from the use of such information. Readers are encouraged to confirm the information contained herein with other sources.

Preface

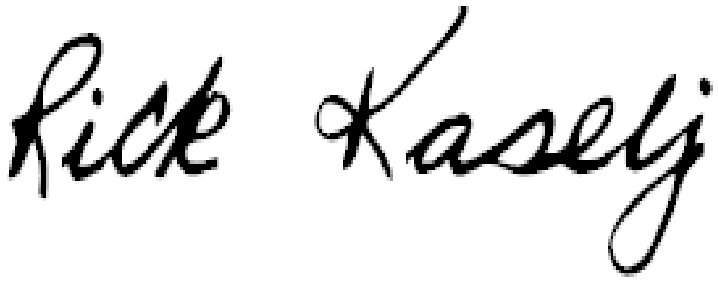
Thank you for supporting one of my dreams!

I have always dreamed of being a writer. The book you are reading is one of those writing dreams coming true. I hope you take from it as much as I have gotten out of its research and production.

Pass this Book On
Feel free to take your personal printed copy and share it with your family, friends and colleagues. Everyone's health will improve if we all learn and educate each other on how to maintain a healthy and active lifestyle. If you received this as an e-book, please do not forward it on. Writing is how I make a living. Unauthorized distribution constitutes theft of my intellectual property.

Guarantee
My passion is to help people overcome their injuries. If this book does not help you, does not meet your expectations or is not of value to you, I will give you your money back. Please contact me via e-mail at support@ExercisesForInjuries.com and I will refund your money.

Contact Me
Please let me know what you think of this book. Visit http://www.ExercisesForInjuries.com or e-mail me at support@ExercisesForInjuries.com . Your feedback and ideas will help with the content of future editions and books.



IMPORTANT INFORMATION – STOP AND READ

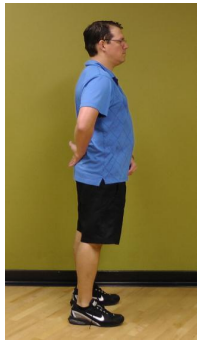
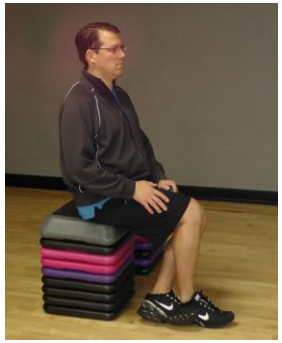
Before you go on, please watch the video presentation that goes with this exercise manual.

The video presentation provides much more detail about the program.

While the exercise manual focuses on the program exercises, the details on how to do the program are in the video presentation and presentation handout.

Hamstring Injury Solution – Stage 1

Stage 1 – Exercises

 #1 – Stationary bike (1198)	 #2 – Standing Anterior Tilt (1199)	 #3 – On Back and Leg in the Air (1200)	 #4 – Sub Maximal Isometric at 3 Angles (90°, 60°, 30°) in Sitting (1201)
 #5 – Leg curl with Ankle Weight on Stomach (1202)	 #6 – Leg curl with Ankle Weight in Standing (1203)	 #7 – Hip Extension on Stomach (1204)	 #8 – Single Leg Balance (1205)

#9 – Front Plank (1206)

#10 – Bridge (1207)

#11 – Side Plank (1208)

#12 – Side Stepping (1209)

#13 – Grapevine Stepping (1210)

Stage 1 – Exercise Table

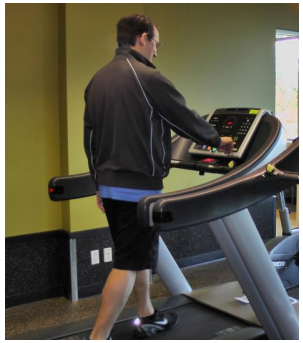
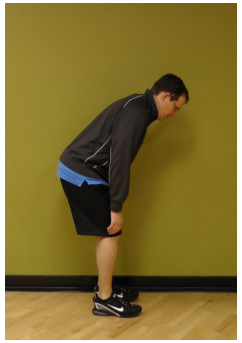
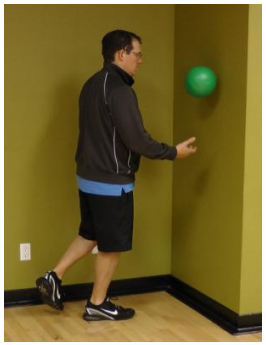
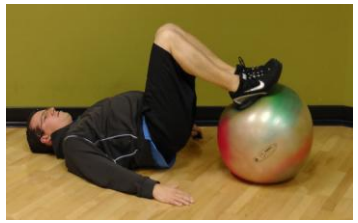
IMPORTANT - Password for the Videos is in the Column Next to the URL.
This video explains how to download the exercise videos - http://youtu.be/RZEeKUCMzgM

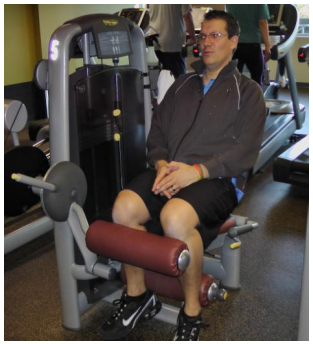
	Program Exercise Number	Exercise Number	Exercise Name	Video of the Exercise	Password	Sets & Reps
#1 - Cardiovascular & Range of Motion	1	1198	Stationary bike	https://vimeo.com/62837112	HIS727	5 to 10 minutes
#2 - Hamstring Stretching	2	1199	Standing Anterior Tilt	https://vimeo.com/62967542	HIS727	2 repetitions with each done for 20 seconds
	3	1200	On Back and Leg in the Air	https://vimeo.com/62832004	HIS727	2 repetitions with each done for 20 seconds
#3 - Hamstring Strengthening	4	1201	Sub Maximal Isometric at 3 Angles (90°, 60°, 30°) in Sitting	https://vimeo.com/62832018	HIS727	1 set of 5 repetitions with each repetition held for 5 seconds
	5	1202	Leg curl with Ankle Weight on Stomach	https://vimeo.com/62832041	HIS727	1 set of 5 repetitions
	6	1203	Leg curl with Ankle Weight in Standing	https://vimeo.com/62832057	HIS727	1 set of 5 repetitions
	7	1204	Hip Extension on Stomach	https://vimeo.com/62970615	HIS727	1 set of 5 repetitions

#4 - Balance Training	8	1205	Single Leg Balance	https://vimeo.com/62867038	HIS727	4 repetitions with each held for 20 seconds
#6 - Core Stability	9	1206	Front Plank	https://vimeo.com/62968344	HIS727	4 repetitions with each held for 20 seconds
	10	1207	Bridge	https://vimeo.com/62969289	HIS727	4 repetitions with each held for 20 seconds
	11	1208	Side Plank	https://vimeo.com/62867570	HIS727	4 repetitions with each held for 20 seconds
#7 - Agility Exercises	12	1209	Side Stepping	https://vimeo.com/62832071	HIS727	1 set with each done for 1 minute
	13	1210	Grapevine Stepping	https://vimeo.com/62971453	HIS727	1 set with each done for 1 minute
#9 - Icing			2–3 times daily for 15 to 20 minutes			

Hamstring Injury Solution – Stage 2

Stage 2 – Exercises

 #14 – Treadmill (1211)	 #15 – Standing Hip Hamstring Stretch (1212)	 #16 – Foot Catches (1213)	 #17 – Isokinetic Eccentrics in Non-lengthened State (1231)
 #18 – Single Leg Balance Windmill Touches without Weight (1214)	 #19 – Single Leg Stance with Perturbation (1215)	 #20 – Supine Hamstring Curls with Swiss Ball (1216)	 #21 – Bridging Walk Outs (1217)

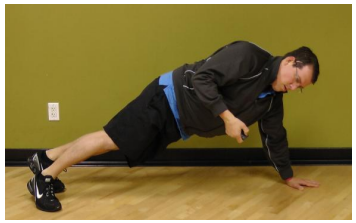


#22 – Leg Curl Machine (1218)

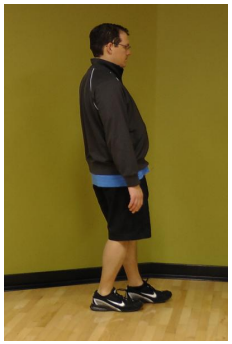
#23 – Hamstring Lowers (1232)

#24 – Prone Leg Drops (1219)

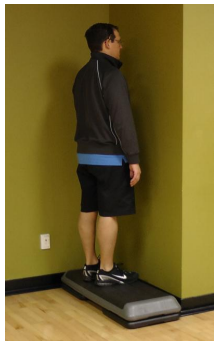
#25 – Lateral Bandwalks (1220)



#26 – Push Up Stabilizations (1221)



#27 – Forwards and Backwards (1222)



#28 – Single Step Ups (1223)

Stage 2 – Exercise Table

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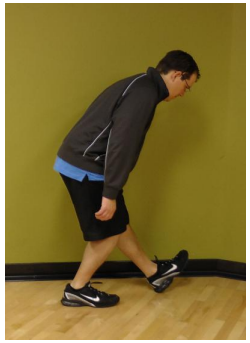
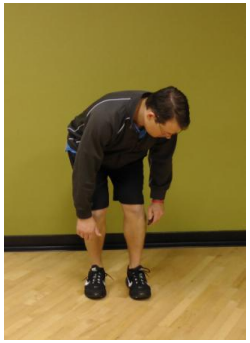
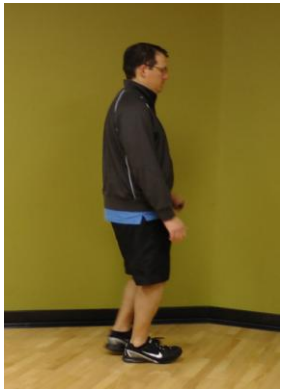
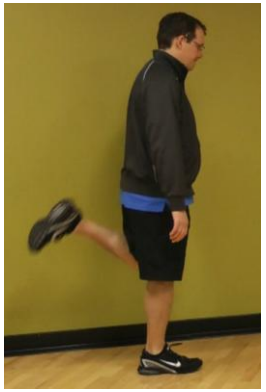
	Program Exercise Number	Exercise Number	Exercise Name	Video of the Exercise	Password	Sets & Reps
#1 - Cardiovascular & Range of Motion	xxx	1198	Stationary bike	https://vimeo.com/62837112	HIS727	5 to 10 minutes
	14	1211	Treadmill	https://vimeo.com/62832085	HIS727	At Moderate to High Intensity for 5 to 10 minutes
#2 - Hamstring Stretching	15	1212	Standing Hip Hamstring Stretch	https://vimeo.com/62832093	HIS727	2 repetitions with each done for 20 seconds
#3 - Hamstring Strengthening	16	1213	Foot Catches	https://vimeo.com/62974145	HIS727	1 set with each done for 30 seconds.
	17	1231	Isokinetic Eccentrics in Non-lengthened State	https://vimeo.com/62867726	HIS727	1 set of 10 repetitions
#4 - Balance Training	18	1214	Single Leg Balance Windmill Touches without Weight	https://vimeo.com/62867571	HIS727	1 set of 5 repetitions
	19	1215	Single Leg Stance with Perturbation	https://vimeo.com/62867709	HIS727	1 set of 10 repetitions

#3 - Hamstring Strengthening	20	1216	Supine Hamstring Curls with Swiss Ball	https://vimeo.com/62867572	HIS727	1 set of 5 repetitions
	21	1217	Bridging Walk Outs	https://vimeo.com/62867573	HIS727	1 set of 10 repetitions
	22	1218	Leg Curl Machine	https://vimeo.com/62832100	HIS727	1 set of 10 repetitions
#5 - Eccentric Hamstring Training	23	1232	Hamstring Lowers	https://vimeo.com/62972037	HIS727	1 set of 5 repetitions
	24	1219	Prone Leg Drops	https://vimeo.com/62972886	HIS727	1 set of 5 repetitions
#6 - Core Stability	25	1220	Lateral Bandwalks	https://vimeo.com/62867711	HIS727	2 sets of 15 repetitions
	26	1221	Push Up Stabilizations	https://vimeo.com/62867710	HIS727	2 sets of 15 repetitions
#7 - Agility Exercises	27	1222	Forwards and Backwards	https://vimeo.com/62868532	HIS727	1 set with each done for 1 minutes
#8 - Plyometric Jump Training	28	1223	Single Step Ups	https://vimeo.com/62832118	HIS727	2 sets of 15 repetitions
#9 – Icing			Post-exercise - 10–15 min			

Hamstring Injury Solution – Stage 3

Stage 3 – Exercises

 **#29 – Hamstring Dynamic Stretch (1224)**	 **#30 – Side to Side Standing Hip Hamstring Stretch (1125)**	 **#31 – Single Leg Bridge on Chair (1126)**	 **#32 – Isokinetic Eccentric Training at End ROM (1233)**
 **#33 – Single Leg Balance Windmill Touches with Weight (1227)**	 **#34 – Accelerations and Decelerations (1228)**	 **#35 – Butt Kicks (1229)**	 **#36 – Tuck Jumps (1230)**

Stage 3 – Exercise Table

IMPORTANT - Password for the Videos is in the Column Next to the URL.
This video explains how to download the exercise videos - http://youtu.be/RZEeKUCMzgM

	Program Exercise Number	Exercise Number	Exercise Name	Video of the Exercise	Password	Sets & Reps
#1 - Cardiovascular & Range of Motion	xxx	1211	Treadmill	https://vimeo.com/62832085	HIS727	Moderate to high intensity as tolerated - 5 to 10 minutes
#2 - Hamstring Stretching	29	1224	Hamstring Dynamic Stretch	https://vimeo.com/62867728	HIS727	1 set of 10 feet
	30	1125	Side to Side Standing Hip Hamstring Stretch	https://vimeo.com/62867037	HIS727	2 repetitions with each done for 20 seconds
#3 - Hamstring Strengthening	31	1126	Single Leg Bridge on Chair	https://vimeo.com/62868533	HIS727	1 set of 5 repetitions
#5 - Eccentric Hamstring Training	32	1233	Isokinetic Eccentric Training at End ROM	https://vimeo.com/62867731	HIS727	1 set of 10 repetitions
	33	1227	Single Leg Balance Windmill Touches with Weight	https://vimeo.com/62867727	HIS727	1 set of 5 repetitions
#7 - Agility Exercises	34	1228	Accelerations and Decelerations	https://vimeo.com/62832126	HIS727	Perform for 15 to 30 feet
#8 - Plyometric Jump Training	35	1229	Butt Kicks	https://vimeo.com/62832135	HIS727	Perform for 15 to 30 feet

	36	1230	Tuck Jumps	https://vimeo.com/62868531	HIS727	1 set of 10 repetition
#9 – Icing			Post-exercise - 10–15 min			

Exercise Legend

Below are definitions of what each category is and what it means.

Name of the exercise: The common name used for the exercise.

Purpose of this exercise: What the exercise is targeting and what the goal of the exercise is.

Starting position: What position you need to set your body into before starting the exercise.

How to do this exercise: The key steps in performing the exercise safely and for maximum results.

Progression: What the next step is when the exercise is too easy.

Contraindications & Common Mistakes: Who should be cautious about doing the exercise, or should not be doing it. Common errors that occur when performing the exercise, which will decrease effectiveness and increase the risk of injury.

Equipment Needed

Here is a list of equipment that you will need for the exercises:

- Bicycle
- Treadmill / Walking or Running Outside
- Tubing
- Ankle Weights
- Ball
- Step
- Dumbbell
- Leg Curl Machine

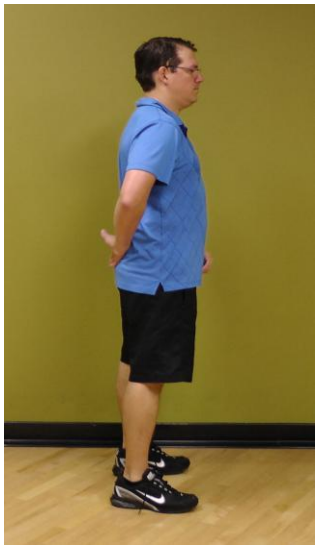
Stage 1 – Hamstring Injury Solution

EXERCISE #1: Stationary Bike (1198)

 **Start**	 **End**

Purpose:	To work on the range of motion in the hip and knee, warm up the hamstring and dynamically stretch the hamstring.
Starting Position:	Sitting on a stationary bike.
How to Do the Exercise:	1. Begin to pedal on the stationary bike at a light resistance. 2. Perform 5 to 10 minutes, daily.
Progressions:	- Progress to 15 or 20 minutes. - Increase the resistance, within pain free levels
Contraindications & Common Mistakes:	- **Mild Discomfort** – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/62837112 / Password: HIS727	

EXERCISE #2: Standing Anterior Tilt (1199)

 **Start**	 **End**

Purpose:	To stretch the hamstrings.
Starting Position:	In a standing position with one hand on the front of the pelvis with the other on back part of the pelvis.
How to Do the Exercise:	1. Tilt your pelvis forward until you fell a light stretch in your hamstrings. 2. Perform 2 repetitions with each done for 20 seconds, daily.
Progressions:	- Progress to 4 repetitions - Progress to exercise: 1212 Standing Hip Hamstring Stretch
Contraindications & Common Mistakes:	- **Mild Discomfort** – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/62967542 / Password: HIS727	

EXERCISE #3: On Back and Leg in the Air (1200)

 **Start**	 **End**

Purpose:	To stretch the hamstrings.
Starting Position:	Begin by lying on your back.
How to Do the Exercise:	1. Lift one leg into the air and straighten the leg out. 2. Use your hands to hold the leg in the air in a position where you feel a light stretch but no pain. 3. Perform 2 repetitions with each done for 20 seconds, daily.
Progressions:	- Progress to 4 repetitions - Progress to exercise: 1212 Standing Hip Hamstring Stretch
Contraindications & Common Mistakes:	- **Mild Discomfort** – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/62832004 / Password: HIS727	

EXERCISE #4: Sub Maximal Isometric at 3 Angles (90°, 60°, 30°) in Sitting (1201)

 **Start**	 **End**

Purpose:	To increase the isometric strengthen in the hamstrings.
Starting Position:	Begin in a sitting position with your legs crossed at your ankles. Your injured leg is in front (right) and your non-injured leg behind (left) and your knee bent at 30 degrees from straight.
How to Do the Exercise:	1. Pull your right heel back and resist with your left foot. 2. You should be pulling back at a level that is not painful at 25% of your maximum. 3. Perform 1 set of 5 repetitions with each repetition held for 5 seconds at 30-degree, 60-degree and 90-degree knee bend, daily.
Progressions:	- Progress to 10 repetitions - Progress to the exercise: 1213 Foot Catches
Contraindications & Common Mistakes:	- **Mild Discomfort** – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/62832018 / Password: HIS727	

EXERCISE #5: Leg curl with Ankle Weight on Stomach (1202)

 **Start**	 **End**

Purpose:	To increase the concentric strengthen in the hamstrings.
Starting Position:	Lie on your stomach with an ankle weight attached to your ankle.
How to Do the Exercise:	1. Lift your shin off the floor and move your heel to your seat in a controlled manner. 2. Move your heal as far as you can to your seat in at a pain free level. Hold this position for a second and return to the start. 3. Perform 1 set of 5 repetitions on each side, daily.
Progressions:	- Progress to 10 repetitions - Progress to 2 to 3 sets - Increase the weight in the ankle weights - Just perform on the injured side - Progress to the exercise: 1231 Isokinetic Eccentrics in Non-lengthened State
Contraindications & Common Mistakes:	- **Mild Discomfort** – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/62832041 / Password: HIS727	

EXERCISE #6: Leg curl with Ankle Weight in Standing (1203)

 **Start**	 **End**

Purpose:	To increase the concentric strengthen in the hamstrings.
Starting Position:	Begin in standing with an ankle weight attached to your ankle.
How to Do the Exercise:	1. Move your heel to your seat in a controlled manner. 2. Move your heel as far as you can to your seat in at a pain free level. Hold this position for a second and return to the start. 3. Perform 1 set of 5 repetitions on each side, daily.
Progressions:	- Progress to 10 repetitions - Progress to 2 to 3 sets - Increase the weight in the ankle weights - Just perform on the injured side - Progress to the exercise: 1231 Isokinetic Eccentrics in Non-lengthened State
Contraindications & Common Mistakes:	- **Mild Discomfort** – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/62832057 / Password: HIS727	

EXERCISE #7: Hip Extension on Stomach (1204)

 **Start**	 **End**

Purpose:	To increase the concentric strengthen in the hamstrings.
Starting Position:	Begin on your stomach with an ankle weight attached to your ankle.
How to Do the Exercise:	1. Lift your thigh off the ground. 2. Hold this position for a second and return to the start. 3. Perform 1 set of 5 repetitions on each side, daily.
Progressions:	- Progress to 10 repetitions - Progress to 2 to 3 sets - Increase the weight in the ankle weights - Just perform on the injured side - Progress to standing hip extension with a pulley machine
Contraindications & Common Mistakes:	- **Mild Discomfort** – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/62970615 / Password: HIS727	

EXERCISE #8: Single Leg Balance (1205)

 **Start**	 **End**

Purpose:	To improve the balance in the injured leg.
Starting Position:	Begin in standing.
How to Do the Exercise:	1. Stand on one leg and hold this one legged position. 2. Perform 4 repetitions with each held for 20 seconds on each side, daily.
Progressions:	- Progress to 5 repetitions - Progress to the exercise: 1214 Single Leg Balance Windmill Touches without Weight
Contraindications & Common Mistakes:	- **Lose Your Balance** – If you lose your balance, do not fight it. Stop the exercise and do it again. Perform the exercise close to a walk so you can catch yourself if you need to. - **Mild Discomfort** – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/62867038 / Password: HIS727	

EXERCISE #9: Front Plank (1206)

 **Start**	 **End**

Purpose:	To improve core stability in the sagittal plane (forward and backwards direction).
Starting Position:	Begin by lying on your stomach.
How to Do the Exercise:	1. Activate your abdominal area. 2. Then use your forearms and toes to prop your body off the ground so your ankles-knees-hips-shoulders-ear form a straight line. 3. Perform 4 repetitions with each held for 20 seconds on each side, daily.
Progressions:	- Progress to 5 repetitions - Progress to the exercise: 1220 Lateral Bandwalks
Contraindications & Common Mistakes:	- **Stress In Your Back** – You can perform the exercise from you knees compared to your toes. - **Mild Discomfort** – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/62968344 / Password: HIS727	

EXERCISE #10: Bridge (1207)

 **Start**	 **End**

Purpose:	To improve core stability in the sagittal plane (forward and backwards direction).
Starting Position:	Begin by lying on your back with your knees bent.
How to Do the Exercise:	1. Activate your abdominal area. 2. Then use your heels to prop your body off the ground so your knees-hips-shoulders form a straight line. 3. Perform 4 repetitions with each held for 20 seconds on each side, daily.
Progressions:	- Progress to 5 repetitions - Progress to the exercise: 1221 Push Up Stabilizations
Contraindications & Common Mistakes:	- **Stress In Your Back** – You decrease how high you lift your hips. You can lower them down an inch. - **Mild Discomfort** – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/62969289 / Password: HIS727	

EXERCISE #11: Side Plank (1208)

 **Start**	 **End**

Purpose:	To improve core stability in the frontal plane (side-to-side).
Starting Position:	Begin by lying on your side.
How to Do the Exercise:	1. Activate your abdominal area. 2. Then use your feet and forearm to prop your body off the ground so your ankles-knees-hips-shoulders-ear form a straight line. 3. Perform 4 repetitions with each held for 20 seconds on each side, daily.
Progressions:	- Progress to 5 repetitions - Progress to the exercise: 1221 Push Up Stabilizations
Contraindications & Common Mistakes:	- **Mild Discomfort** – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/62867570 / Password: HIS727	

EXERCISE #12: Side Stepping (1209)

 **Start**	 **Middle**	 **End**

Purpose:	To improve agility in the lower body.
Starting Position:	Begin in standing.
How to Do the Exercise:	1. Step to the side in one direction for a few steps. 2. Then stop and head in other direction to the side. 3. Perform 1 set with each done for 1 minute, daily.
Progressions:	- Progress to 3 sets - Progress to the exercise: 1222 Forwards and Backwards
Contraindications & Common Mistakes:	- **Mild Discomfort** – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/62832071 / Password: HIS727	

EXERCISE #13: Grapevine Stepping (1210)

Start

Middle (a)

Middle (b)

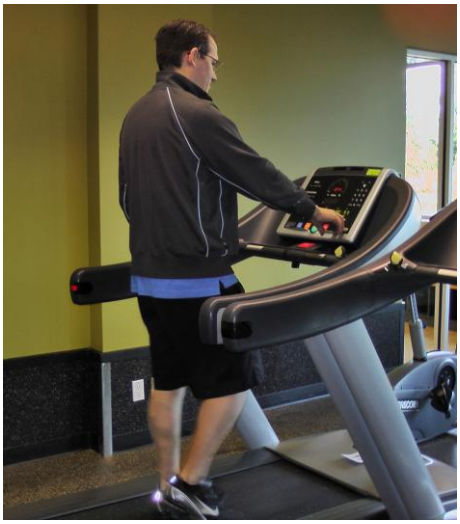
End

Purpose:	To improve agility in the lower body.
Starting Position:	Begin in standing.
How to Do the Exercise:	1. Step forward a half a step with the left foot. 2. Then step to the side with the right foot. 3. Follow that with a half a step back with right foot. 4. Step to the side in one direction for a few steps. 5. Continue this for 10 seconds to the right. 6. Then stop and head in other direction to the side and switch legs.

	7. Perform 1 set with each done for 1 minute, daily.
Progressions:	- Progress to 3 sets - Progress to the exercise: 1222 Forwards and Backwards
Contraindications & Common Mistakes:	- **Mild Discomfort** – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/62971453 / Password: HIS727	

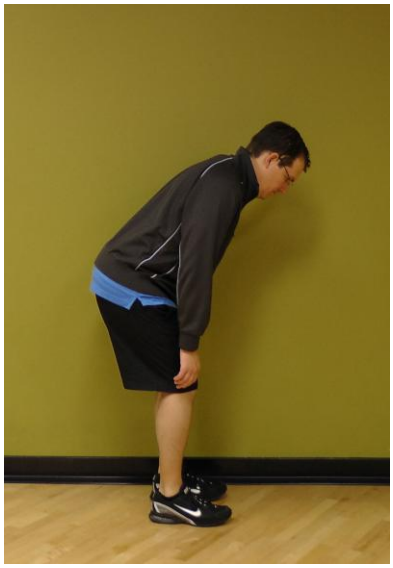
Stage 2 – Hamstring Injury Solution

EXERCISE #14: Treadmill (1211)

 **Start**	 **End**

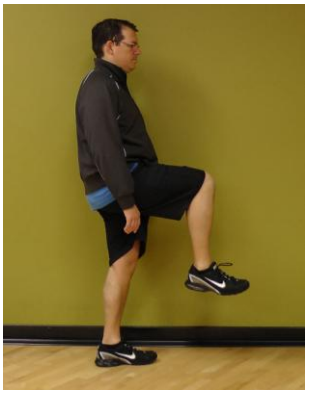
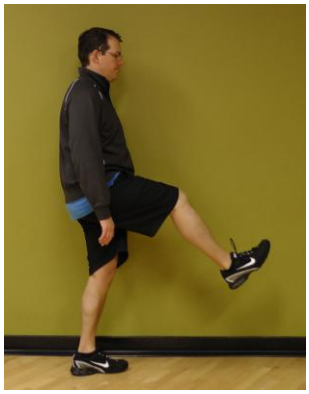
Purpose:	To work on the range of motion in the hip and knee, warm up the hamstring and dynamically stretch the hamstring.
Starting Position:	Walking on the treadmill.
How to Do the Exercise:	1. Increase your walking speed on the treadmill. 2. Walk on the treadmill. 3. Perform at a moderate to high Intensity for 5 to 10 minutes, daily.
Progressions:	- Progress to 15 or 20 minutes. - Increase the speed that you are walking.
Contraindications & Common Mistakes:	- **Mild Discomfort** – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/62832085 / Password: HIS727	

EXERCISE #15: Standing Hip Hamstring Stretch (1212)

 **Start**	 **End**

Purpose:	To stretch the hamstrings.
Starting Position:	In a standing position.
How to Do the Exercise:	1. Soften your knees by lightly bending them. 2. Then bend at your waist while keeping your upper body in a straight line (head-shoulders-hips) until you feel a light stretch (with no pain) in the hamstrings. 3. Perform 2 repetitions with each done for 20 seconds, daily.
Progressions:	- Progress to 4 repetitions - Progress to exercise: 1224 Hamstring Dynamic Stretch
Contraindications & Common Mistakes:	- **Mild Discomfort** – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/62832093 / Password: HIS727	

EXERCISE #16: Foot Catches (1213)

		
Start	**Middle**	**End**

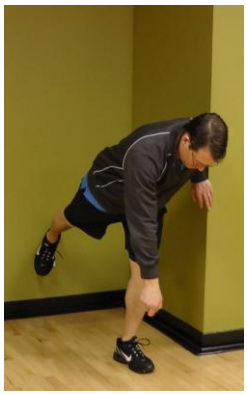
Purpose:	To work in strengthening the hamstring at different knee angles.
Starting Position:	Begin in standing on one leg and one knee at hip height and your hand against the wall.
How to Do the Exercise:	1. Activate the quadriceps and slowly straighten the knee. 2. Then activate the hamstrings in order to stop the straightening of the leg. 3. Continue performing this type of movement at a variety of knee angles. 4. Perform 1 set with each done for 30 seconds, daily.
Progressions:	- Progress to 3 sets. - Perform 2 to 3 times during the day - Progress to the exercise: 1126 Single Leg Bridge on Chair
Contraindications & Common Mistakes:	- **Mild Discomfort** – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/62974145 / Password: HIS727	

EXERCISE #17: Isokinetic Eccentrics in Non-lengthened State (1231)

 **Start**	 **End**

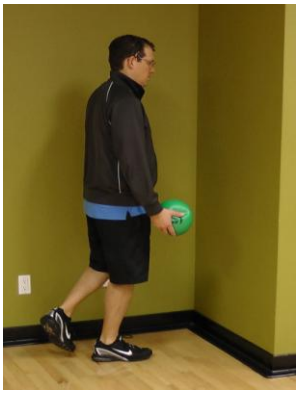
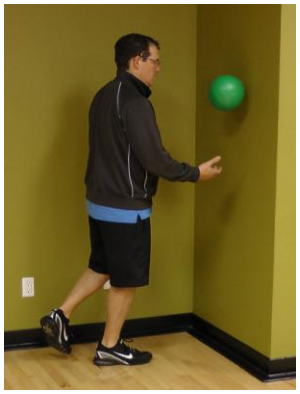
Purpose:	To increase the eccentric strengthen in the hamstrings.
Starting Position:	Lie on your back with tubing attached to your ankle, your hip at about 90 degrees and your hip-knee-ankle bent to about 90 degrees.
How to Do the Exercise:	1. Slowly let your leg straighten out while keeping your knee and hip at the starting position. 2. When you reach a point where you feel a light stretch in the hamstring, return to the starting position by pulling through the heel and lengthening the tubing. 3. Move your heal as far as you can to your seat in at a pain free level. Hold this position for a second and return to the start. 4. Perform 1 set of 10 repetitions on each side, daily.
Progressions:	- Progress to 2 to 3 sets - Increase the resistance of the tubing - Just perform on the injured side
Contraindications & Common Mistakes:	- **Mild Discomfort** – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/62867726 / Password: HIS727	

EXERCISE #18: Single Leg Balance Windmill Touches without Weight (1214)

		
Start	**Middle**	**End**

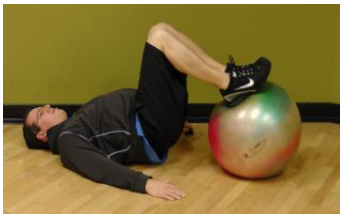
Purpose:	To improve the balance in the injured leg and dynamically stretch the hamstrings.
Starting Position:	Begin in standing.
How to Do the Exercise:	1. Stand on one leg and reach for the floor by bending at the waist as far as you can forward while still keeping the ankle-knee-hip-shoulder-ear in a straight line. 2. Then you reach as far forward you can move at the waist, and then reach to the outside of the foot you are standing on. 3. Perform 1 set of 5 repetitions, daily.
Progressions:	- Progress to 10 repetitions - Progress to 3 sets
Contraindications & Common Mistakes:	- **Lose Your Balance** – If you lose your balance, do not fight it. Stop the exercise and do it again. Perform the exercise close to a walk so you can catch yourself if you need to. - **Mild Discomfort** – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/62867571 / Password: HIS727	

EXERCISE #19: Single Leg Stance with Perturbation (1215)

 **Start**	 **End**

Purpose:	To improve the balance in the injured leg.
Starting Position:	Begin standing on one leg while holding a ball.
How to Do the Exercise:	4. Stand on one leg and hold this one legged position while tossing the ball against the wall. 5. Perform 1 set of 10 repetitions, daily.
Progressions:	- Progress to 3 sets. - Perform only on the injured side.
Contraindications & Common Mistakes:	- **Lose Your Balance** – If you lose your balance, do not fight it. Stop the exercise and do it again. Perform the exercise close to a walk so you can catch yourself if you need to. - **Mild Discomfort** – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/62867709 / Password: HIS727	

EXERCISE #20: Supine Hamstring Curls with Swiss Ball (1216)

		
Start	**Middle**	**End**

Purpose:	To improve core stability in the sagittal plane (forward and backwards direction) and improve hamstring strength.
Starting Position:	Begin by lying on your back with your feet on a stability ball.
How to Do the Exercise:	1. Activate your abdominal area. 2. Then use your heels to prop your body off the ground so your knees-hips-shoulders form a straight line. 3. Then move your heels towards your seat in a controlled manner. 4. Perform 1 set of 5 repetitions, daily.
Progressions:	- Progress to 1o repetitions - Progress to 3 sets
Contraindications & Common Mistakes:	- **Stress In Your Back** – You decrease how high you lift your hips. You can lower them down an inch. - **Mild Discomfort** – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/62867572 / Password: HIS727	

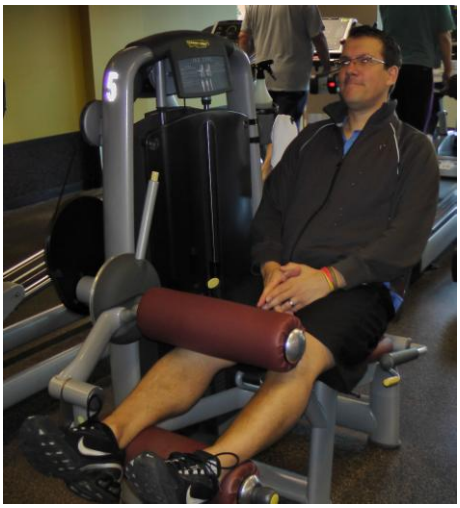
EXERCISE #21: Bridging Walk Outs (1217)

 **Start**	 **Middle (a)**
 **Middle (c)**	 **End**

Purpose:	To improve core stability in the sagittal plane (forward and backwards direction).
Starting Position:	Begin by lying on your back with your knees bent.
How to Do the Exercise:	1. Activate your abdominal area. 2. Then use your heels to prop your body off the ground so your knees-hips-shoulders form a straight line. 3. Then slowly walk your feet away from you as far as you can. 4. When you can't go any further without losing technique, walk your feet back to the start. 5. Perform 1 set of 10 repetitions, daily.
Progressions:	- Progress to 3 sets
Contraindications & Common Mistakes:	- **Stress In Your Back** – You decrease how high you lift your hips. You can lower them down an inch. - **Mild Discomfort** – It is fine to have mild discomfort but the pain should not be debilitating. If you have

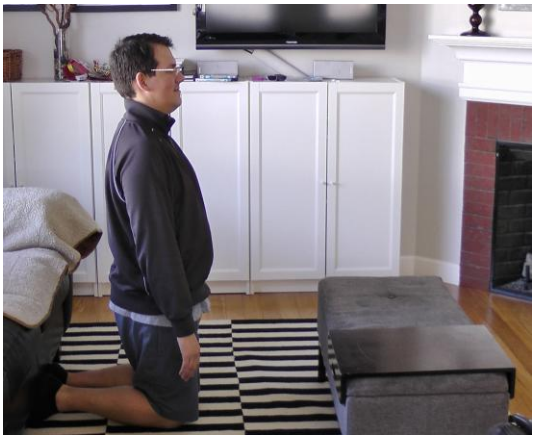
	debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/62867573 / Password: HIS727	

EXERCISE #22: Leg Curl Machine (1218)

 **Start**	 **End**

Purpose:	To increase the concentric strengthen in the hamstrings.
Starting Position:	Set yourself up on a hamstring machine.
How to Do the Exercise:	1. Move your heal as far as you can to your seat in at a pain free level. Hold this position for a second and return to the start. 2. Perform 1 set of 10 repetitions on each side, daily.
Progressions:	- Progress to 2 to 3 sets - Increase the weight
Contraindications & Common Mistakes:	- **Mild Discomfort** – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/62832100 / Password: HIS727	

EXERCISE #23: Hamstring Lowers (1232)

 **Start**	 **End**

Purpose:	To improve eccentric strength of the hamstrings.
Starting Position:	Begin in kneeling with your feet hooked under a couch.
How to Do the Exercise:	1. Lower your upper body down, by using your hamstrings, down to a chair or ottoman 2. Perform 1 set of 10 repetitions on each side, daily.
Progressions:	- Progress to 2 to 3 sets - Move the chair or ottoman out of the way - Progress to the exercise: 1233 Isokinetic Eccentric Training at End ROM
Contraindications & Common Mistakes:	- **Mild Discomfort** – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/62972037 / Password: HIS727	

EXERCISE #24: Prone Leg Drops (1219)

Start

Middle (a)

Middle (b)

End

Purpose:	To increase the eccentric strengthen in the hamstrings.
Starting Position:	Begin by lying on your stomach with your legs crossed at your ankles. Your injured leg is in front (right) and your non-injured leg behind (left).
How to Do the Exercise:	1. Slowly lower your feet and straighten your legs. 2. Then activate the hamstrings in order to stop the straightening of the leg. 3. Continue performing this type of movement at a variety of knee angles. 4. Perform 1 set of 5 repetitions, daily.
Progressions:	- Progress to 10 repetitions - Progress to 3 sets. - Progress to the exercise: 1227 Single Leg Balance Windmill Touches with Weight

Contraindications & Common Mistakes:	- **Mild Discomfort** – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/62972886 / Password: HIS727	

EXERCISE #25: Lateral Bandwalks (1220)

		
Start	**Middle**	**End**

Purpose:	To improve core stability in the frontal plane (side-to-side direction).
Starting Position:	Begin in standing with feet standing on tubing and your hands holding the ends of the tubing.
How to Do the Exercise:	1. Step to the side moving one leg at a time. 4. Move 15 steps in one direction 5. Then stop and head in the other direction to the side. 6. Perform 2 sets of 15 repetitions, daily.
Progressions:	- Progress to 3 sets
Contraindications & Common Mistakes:	- **Mild Discomfort** – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/62867711 / Password: HIS727	

EXERCISE #26: Push Up Stabilizations (1221)

Start

End

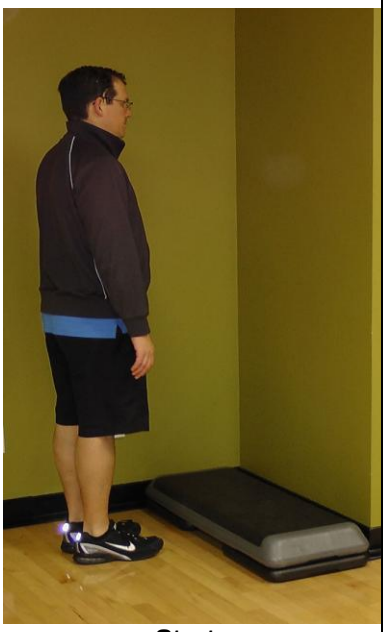
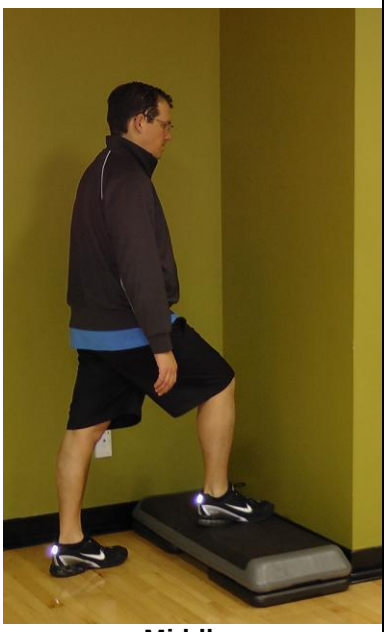
Purpose:	To improve core stability in the transverse plane (rotation).
Starting Position:	Begin in a push up position.
How to Do the Exercise:	1. Activate your abdominal area. 2. Lift one hand off the ground and rotate your upper body about 45 degrees. 3. Hold the end position for a second and then return to the start. 4. Perform 2 sets of 15 repetitions on each side, daily.
Progressions:	- Progress to 3 sets
Contraindications & Common Mistakes:	- **Mild Discomfort** – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/62867710 / Password: HIS727	

EXERCISE #27: Forwards and Backwards (1222)

		
Start	**Middle**	**End**

Purpose:	To agility in the lower body.
Starting Position:	Begin in standing.
How to Do the Exercise:	1. Walk forward about 30 feet. 2. Come to a stop and then walk backwards. 3. Perform 1 set with each done for 1 minute, daily.
Progressions:	- Progress to 2 or 3 sets - Progress to the exercise: 1228 Accelerations and Decelerations
Video of this exercise: https://vimeo.com/62868532 / Password: HIS727	

EXERCISE #28: Single Step Ups (1223)

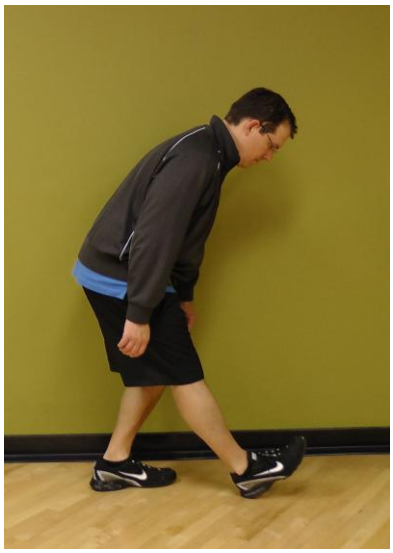
		
Start	**Middle**	**End**

Purpose:	To begin plyometric training on the hamstring.
Starting Position:	Begin in standing in front of a step.
How to Do the Exercise:	1. Step one foot at a time onto the step. 2. Stand onto of the step with both feet for a second and then step off the step one foot at a time. 3. Perform 2 sets of 15 repetitions, daily.
Progressions:	- Progress to 20 repetitions - Progress to 3 sets - Progress to the exercise: 1229 Butt Kicks
Contraindications & Common Mistakes:	- **Mild Discomfort** – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/62832118 / Password: HIS727	

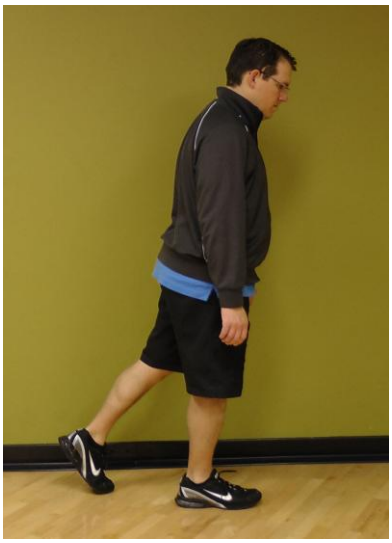
Stage 3 – Hamstring Injury Solution

EXERCISE #29: Hamstring Dynamic Stretch (1224)

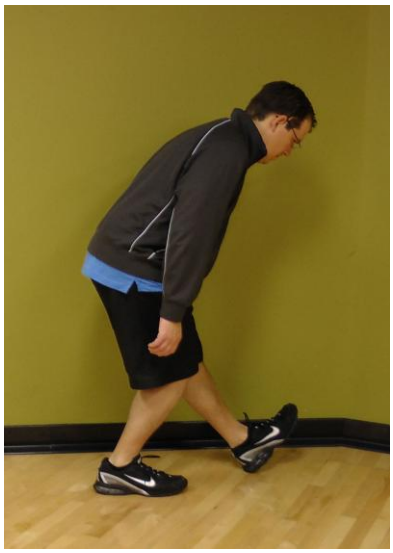
Start



Middle (a)



Middle (b)

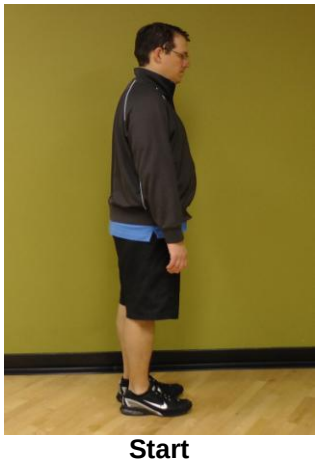


End

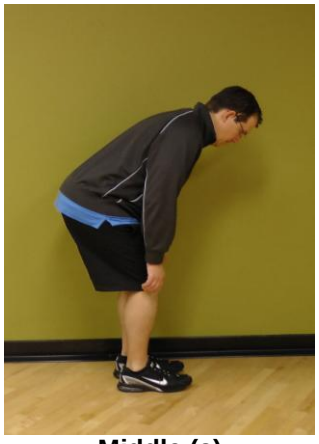
Purpose:	To stretch the hamstrings.
Starting Position:	Begin in standing.

How to Do the Exercise:	1. Take a step forward with a straight leg and then bend forward at the waist until you feel a light stretch in the hamstring. 2. Then move back to upright and then step forward with the other leg. 3. Perform 1 set of 10 feet, daily.
Progressions:	- Progress to 2 to 3 sets. - Progress to 20 to 30 feet
Contraindications & Common Mistakes:	- **Mild Discomfort** – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/62867728 / Password: HIS727	

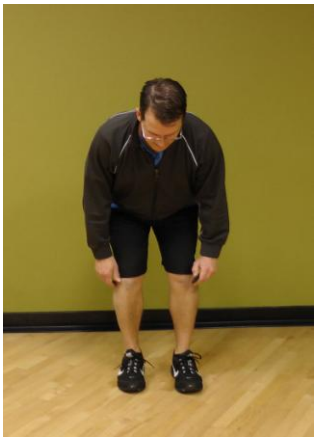
EXERCISE #30: Side to Side Standing Hip Hamstring Stretch (1125)



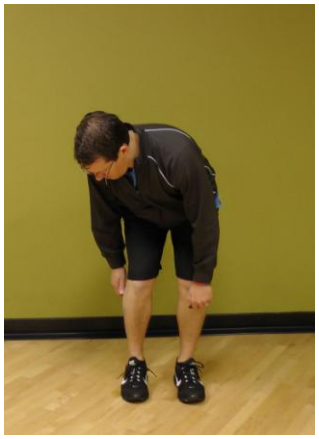
Start



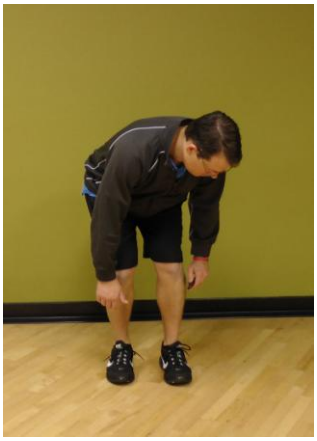
Middle (a)



Middle (b)



Middle (c)



End

Purpose:	To stretch the hamstrings.
Starting Position:	In a standing position.
How to Do the Exercise:	1. Soften your knees by lightly bending them. 2. Then bend at your waist while keeping your upper body in a straight line (head-shoulders-hips) until you feel a light stretch (with no pain) in the hamstrings. 3. Then shift your trunk to the side about 20 degrees until you feel a light stretch. 4. Continue moving to the front, then to the other side, back to the front.

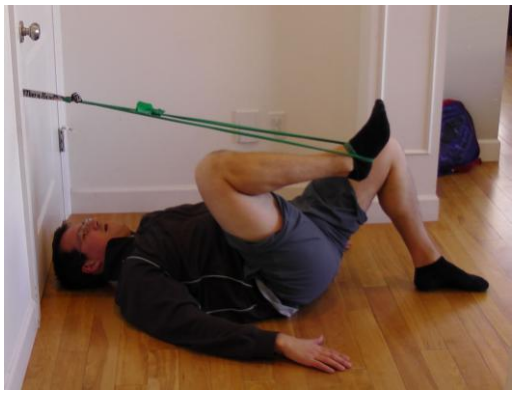
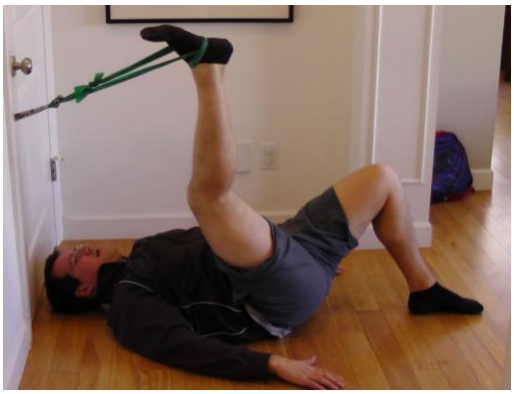
	5. Perform 2 repetitions with each done for 20 seconds, daily.
Progressions:	- Progress to 4 repetitions
Contraindications & Common Mistakes:	- **Mild Discomfort** – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/62867037 / Password: HIS727	

EXERCISE #31: Single Leg Bridge on Chair (1126)

		
Start	**Middle**	**End**

Purpose:	To improve hamstring strength.
Starting Position:	Begin by lying on your back with your knees bent and a bench beside you.
How to Do the Exercise:	1. Place one leg on the bench. 2. Activate your abdominal area. 3. Then use your heels to prop your body off the ground so your knees-hips-shoulders form a straight line. 4. Then slowly walk your feet away from you as far as you can. 5. When you can't go any further without losing technique, walk your feet back to the start. 6. Perform 1 set of 5 repetitions, daily.
Progressions:	- Progress to 10 repetitions - Progress to 3 sets
Contraindications & Common Mistakes:	- **Mild Discomfort** – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/62868533 / Password: HIS727	

EXERCISE #32: Isokinetic Eccentric Training at End ROM (1233)

 **Start**	 **End**

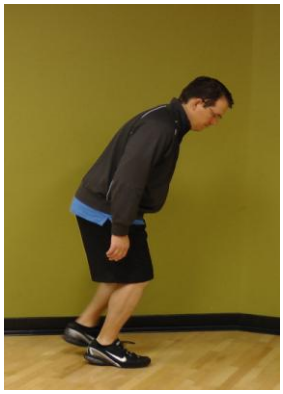
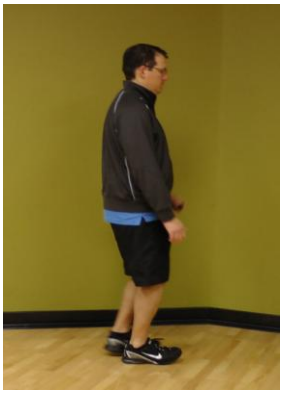
Purpose:	To increase the eccentric strengthen in the hamstrings.
Starting Position:	Lie on your back with tubing attached to your ankle, your knee towards your chest as much as you can and your hip-knee-ankle bent to about 90 degrees.
How to Do the Exercise:	1. Slowly let your leg straighten out while keeping your knee and hip at the starting position. 2. When you reach a point where you feel a light stretch in the hamstring, return to the starting position by pulling through the heel and lengthening the tubing. 3. Move your heal as far as you can to your seat in at a pain free level. Hold this position for a second and return to the start. 4. Perform 1 set of 10 repetitions on each side, daily.
Progressions:	- Progress to 2 to 3 sets - Increase the resistance of the tubing - Just perform on the injured side
Contraindications & Common Mistakes:	- **Mild Discomfort** – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/62867731 / Password: HIS727	

EXERCISE #33: Single Leg Balance Windmill Touches with Weight (1227)

 Start	 Middle	 End

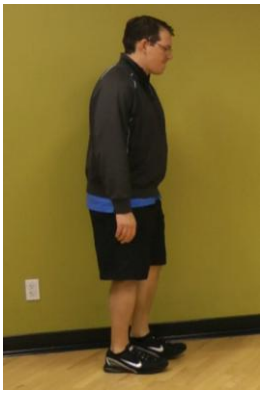
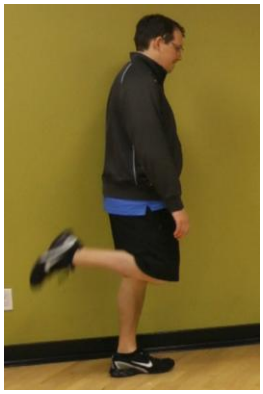
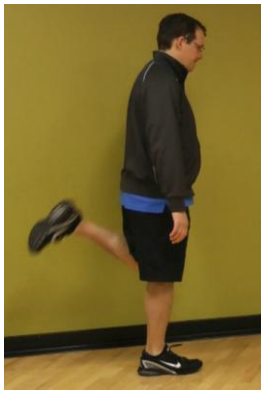
Purpose:	To improve the balance in the injured leg and dynamically stretch the hamstrings.
Starting Position:	Begin in standing with a weight in your hand.
How to Do the Exercise:	1. Stand on one leg and reach for the floor by bending at the waist as far as you can forward while still keeping the ankle-knee-hip-shoulder-ear in a straight line. 2. Then you reach as far forward you can move at the waist, and then reach to the outside of the foot you are standing on. 3. Perform 1 set of 5 repetitions, daily.
Progressions:	- Progress to 10 repetitions - Progress to 3 sets
Contraindications & Common Mistakes:	- **Lose Your Balance** – If you lose your balance, do not fight it. Stop the exercise and do it again. Perform the exercise close to a walk so you can catch yourself if you need to. - **Mild Discomfort** – It is fine to have mild discomfort but the pain should not be debilitating. If you have debilitating pain, radiating nerve symptoms or dizziness, discontinue the exercise immediately.
Video of this exercise: https://vimeo.com/62867727 / Password: HIS727	

EXERCISE #34: Accelerations and Decelerations (1228)

		
Start	**Middle**	**End**

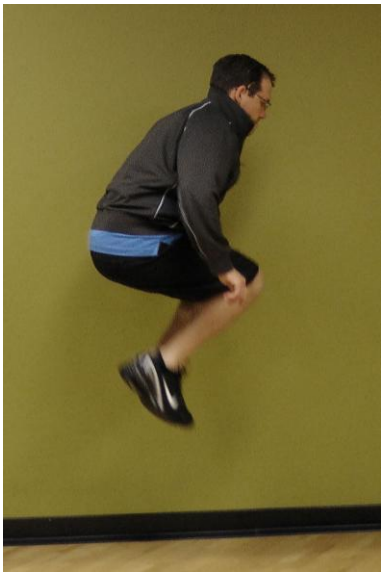
Purpose:	To agility in the lower body.
Starting Position:	Begin in standing.
How to Do the Exercise:	1. Run forward a few steps. 2. Then slow down and run backwards. 3. Keep changes the number of steps you run forwards or backwards. 4. Come to a stop and then walk backwards. 5. Perform for 15 to 30 feet, daily.
Progressions:	- Do the exercise over 50 to 100 feet - Progress to 2 or 3 sets
Video of this exercise: https://vimeo.com/62832126 / Password: HIS727	

EXERCISE #35: Butt Kicks (1229)

		
Start	**Middle**	**End**

Purpose:	To progress plyometric training on the hamstring.
Starting Position:	Begin in standing.
How to Do the Exercise:	1. Walk forward and as you walk forward, bring your heels to your seat one heel at a time. 2. Perform for 15 to 30 feet, daily.
Progressions:	- Do the exercise over 50 to 100 feet - Progress to 2 or 3 sets
Video of this exercise: https://vimeo.com/62832135 / Password: HIS727	

EXERCISE #36: Tuck Jumps (1230)

 **Start (SIDE)**	 **End (SIDE)**

Purpose:	To progress plyometric training on the hamstring.
Starting Position:	Begin in standing.
How to Do the Exercise:	1. Jump up and try to bring your knees towards you chest. 2. Perform 1 set of 10 repetitions, daily.
Progressions:	- Progress to 2 or 3 sets
Video of this exercise: https://vimeo.com/62868531 / Password: HIS727	

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FAQ – Frequently Asked Questions

How often can I do these exercises?
You can do them every day until you get the results you are looking for, then you can move to doing them 3 times a week.

Where are the passwords to the videos?
Passwords for the videos are in the Column Next to the URL.

The password for the videos did not work?
The passwords are case sensitive (upper and lower case letters count) so make sure to type it in as it looks or copy and paste it. Plus this video gives explains how to download the videos - http://youtu.be/RZEeKUCMzgM

What if I have a problem or a question?
Please email me at support@ExercisesForInjuries.com. I will get back to you within 48 hours (2 business days). In your email make sure to include a copy of your receipt or order number.

Where are my download details for the product?
All download details have been emailed to the email address you ordered with. It will be there within 15 minutes. Sometimes it can take up to an hour.

Where is your email with the download details?
Check your Trash or Junk folder of your email program. Your email program may have flagged the email as trash or junk.

Make sure to add news@ExercisesForInjuries.com to your email program
Please do add news@ExercisesForInjuries.com to your email program. This will allow me to send you updates of the program and other cool stuff.

What if I unsubscribe from your emails?
Please note if you unsubscribe from my emails, I won't be able to send you updates of the program and other cool stuff.

What will appear on my credit card for this purchase?
What will appear on your credit card is a payment to either “Healing Thro” or “Clickbank.”

Will I get anything in the mail?
Remember, there is no need to wait for anything in the mail. You will get instant access to the program and can download it to your computer, iPad or iPod right away and use it.

About Rick Kaselj

Rick Kaselj, M.S. (Exercise Science), B.Sc. (Kinesiology), PK, CPT, CEP, CES

Rick Kaselj specializes in exercise rehabilitation and fitness. He works in one-on-one and group rehabilitation settings, educating and training people who have been injured at work, in car accidents, and during sport activities.

Rick has combined his rehabilitation experience and passion for research to develop a variety of courses and presentations for fitness professionals, Kinesiologists, and healthcare providers. Rick has given over 302 presentations to 5,897 fitness professionals across Canada and the USA.

These courses include:

- Core stability of the shoulder
- Exercise rehabilitation for the shoulder, lower back, hip, or knee
- Foam roller essentials
- Intro and advanced core stability
- Intro and advanced stability ball exercises
- Postural assessment and exercise prescription
- Injury-free running
- Save your shoulders
- Training for better golf

Rick strives to balance his work life with his personal fitness endeavours and travel. He has trained for and competed in the Manitoba Marathon, the 225 km Ironman Canada Triathlon, and the 160 km Sea2Summit Adventure Race in Whistler, BC.

He has hiked 4,300 km along the *Pacific Crest Trail* from Mexico to Canada and mountain biked the 5,000 km *Great Divide Mountain Bike Route* over the Rocky Mountains from Mexico to Canada. An avid traveler, Rick has toured three continents and visited 17 countries.

In 1997 he graduated with his Bachelor of Science degree in Kinesiology from Simon Fraser University. Rick recently completed his Masters of Science degree focusing on corrective exercise and therapeutic exercise for the rotator cuff. Rick currently works as a lecturer, Kinesiologist, personal trainer, writer of exercise rehabilitation guides and exercise rehabilitation specialist in and around Vancouver, British Columbia, Canada.

To learn more about Rick Kaselj, please visit http://www.ExercisesForInjuries.com

About Healing Through Movement

Healing Through Movement
Fitness • Rehabilitation • Presentations • Publications

Healing Through Movement has been helping people reach their health, fitness, rehabilitation and sport goals since 1999.

How Healing Through Movement can help you:

Active Rehabilitation – This individualized program is designed to help you overcome injury by using flexibility, endurance, strength and cardiovascular exercises.

Adaptive Fitness – A personalized exercise program designed for youth and adults with special needs. The types of special needs may include cerebral palsy, multiple sclerosis, brain injury and/or developmental disability.

Adventure Travel Presentations – A full sensory experience including music, images, and storytelling on the experience and adventure of hiking the 4,300 km Pacific Crest Trail, cycling Cuba, and cycling the Rockies from Mexico to Canada.

Corrective Exercise – An exercise program designed to address your muscle imbalances and areas of tightness and pain.

Endurance Training – An individualized training program created to help you complete your desired running, cycling, duathlon, triathlon, or adventure race.

Exercise Rehabilitation – An exercise program designed to help you recover from your injury or medical condition in a safe and effective manner.

Exercise Rehabilitation Courses – Education and training for registered Kinesiologists, exercise therapists, and personal trainers on the use of exercise as a safe and effective tool to recover from back, shoulder, knee, hip, ankle, elbow and wrist injuries.

Expedition Training – Forming a complete plan including gear selection, route preparation, nutrition guidelines and a training program to help accomplish your hiking, biking or kayaking dream.

Personal Training – An exercise program to help you reach your weight loss, strength gain, and body shape improvement goals.

Pool Therapy – Use the pool environment to decrease stress on joints and to help your body recover from injury by improving range of motion, strength, endurance and balance.

Post Rehabilitation – After you have completed physical therapy, chiropractic or massage therapy treatment, this is an exercise program designed to help you recover from your injury and return your body back to where it was before your injury.

Where Healing Through Movement can meet you:

In Person – Healing Through Movement can meet you at your home, local community centre or fitness centre to help you achieve your health, fitness, training, sport, travel or rehabilitation goals.

Phone/Online Training – More clients are meeting with Healing Through Movement over the phone or through email to reach their health, fitness, training, sport, travel or rehabilitation goals.

Founder of Healing Through Movement - Rick Kaselj

Rick Kaselj is a Registered Kinesiologist and Personal Trainer with a passion for exercise rehabilitation. Rick designs effective exercise programs that safely and rapidly help his clients recover from an injury, medical condition, and/or musculoskeletal pain, and reach their health, rehabilitation and sport goals. Rick presents courses on exercise rehabilitation and adventure travel across Canada and the USA. To reach Rick, call (888) 291-2430 or visit http://www.HealingThroughMovement.com.

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Other Products from Rick Kaselj

To order these books, visit http://ExercisesForInjuries.com

Muscle Imbalances Revealed – Lower Body (Earn 6 CECs)

As fitness professionals we often just focus on strength, flexibility and cardiovascular techniques with our clients in order to help them reach their goals. By just focusing on these three exercise techniques you hamper your client's ability to overcome injuries, bust through fitness plateaus and stay injury-free. This is what you need in your toolbox to fully understand muscle imbalances.

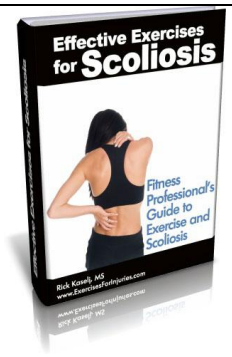
Muscle Imbalances Revealed goes beyond stretching what is tight, strengthening what is weak or just performing corrective exercises. It assists the fitness professional in understanding the synergies that exist within the body and walks you through the intricacies of muscle imbalances. In Muscle Imbalances Revealed, the fitness professional will be guided by 6 experts from various professions on how to identify, address and perform the most effective exercises to address muscle imbalances and increase the speed of injury recovery, bust through fitness plateaus and prevent injuries.

For more information visit - http://MuscleImbalancesRevealedLowerBody.com

Muscle Imbalances Revealed – Upper Body (Earn 7 CECs)

In the Upper Body Edition of Muscle Imbalances Revealed, you will be guided by four experts from various health professions on how to identify and address muscle imbalances and perform the most effective exercises to improve performance, bust through fitness plateaus, increase the speed of injury recovery and prevent future injuries in the upper body.

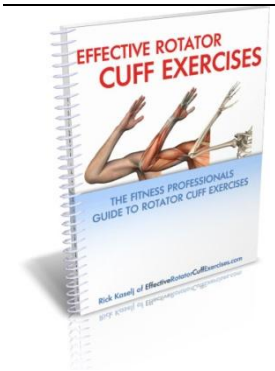
For more information visit - http://MuscleImbalancesRevealedUpperBody.com



The Most Effective Exercises For Scoliosis (Earn 6 CECs)
- Fitness Professional's Guide to Exercise and Scoliosis -

Exercise is recommended by physicians for people with scoliosis. With more people with scoliosis leaning towards exercise to help improve their condition, it is vital for the fitness professional to be educated and prepared to work with these clients. Exercise can help safely alleviate pain, stiffness, de-conditioning, and muscular weakness associated with scoliosis. Gain a comprehensive understanding of scoliosis, how to design an appropriate exercise program for your clients with scoliosis and discover the most effective exercises for scoliosis. If you are ready to increase your confidence working with clients with scoliosis, would like to understand how to safely train clients with scoliosis and empower yourself with the exercises to help your clients with scoliosis, then Effective Exercises for Scoliosis is a must for you.

For more details visit - http://EffectiveExercisesForScoliosis.com



Effective Rotator Cuff Exercises (Earn 6 CECs)
- Fitness Professional's Guide to Rotator Cuff Exercises -

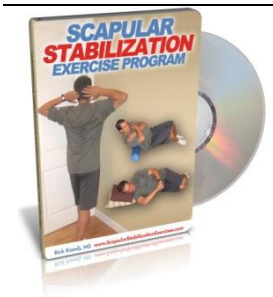
Rotator cuff injuries are the most common shoulder injuries fitness professionals will face. Exercise is recommended by physicians for people with rotator cuff injuries and therefore, it is vital for the fitness professional to be educated and prepared to work with these clients. Exercise can help safely alleviate pain, decrease stiffness, increase range of motion, and improve rotator cuff strength. This course will help you gain a comprehensive understanding of rotator cuff injuries, how to design an appropriate exercise program for your clients with a rotator cuff injury, and discover the most effective exercises for the rotator cuff. If you are ready to increase your confidence working with clients with rotator cuff injuries, would like to understand how to safely train clients with rotator cuff injuries and empower yourself with the best exercises to help your clients with rotator cuff injuries, then *Effective Exercises Rotator Cuff Exercises* is a "must take" course for you.
For more details visit - http://EffectiveRotatorCuffExercises.com

Interested in a Shoulder Injury Guide?

Visit http://ExercisesForInjuries.com

To order these manuals, visit http://ExercisesForInjuries.com

Ready-to-Download Video Presentations from Rick Kaselj



Scapular Stabilization Exercise Program

Shoulder injuries lead to pain, prevent people from doing the things they love and make the simplest tasks challenging. Many will learn strength exercises to help them recover from their shoulder injury, but too often these strength exercises will lead to slower recovery from a shoulder injury. What needs to be done before strengthening the shoulder is activating, building endurance and strengthening the scapular stabilization muscles. Adding this one step will speed up the recovery from a shoulder injury and prevent re-injury of the shoulder.

For more details visit - http://ScapularStabilizationExercises.com/

Sacroiliac Pain Solution

The most common and most ignored injury in females is the sacroiliac joint. Most times the exercise program that is given is what one would give for someone with a lumbar spine lower back injury. The SI joint exercise program design is very different than that of a regular lower back injury program. In this practical and hands on presentation you will learn the 5 step exercise process to overcome your client's or your sacroiliac joint (SI joint) injury.

For more details visit - http://SacroiliacPainSolution.com/

Shoulder Pain Solved

Shoulder pain is one of the most common injuries people will face. Many times people will just stop using their arm in order to avoid the pain. The odd time they use their arm, they will be reminded of their shoulder pain. Don't just ignore your shoulder pain, do something about it. Shoulder Pain Solved is a step-by-step program that requires minimal equipment and only a few minutes a day in order to get you on the road to a pain free shoulder.

For more details visit - http://www.shoulderpainsolved.com/shoulder-pain-solved/

Lower Back Spinal Fusion & Exercise

In many situations, a lower back condition can lead to lower back spinal fusion surgery. It is estimated 126,000 spinal fusion surgeries occur a year in the USA and since 1996 the number of surgeries has increased by 116%. The group that has had the greatest increase in lower back spinal fusion is adults over 60. Lumbar compression fractures, spinal deformities, spondylolisthesis, lumbar instability, disc herniation and degenerative disc disease are common conditions that can lead to lower back spinal fusion. A key component in the recovery from lower back spinal fusion surgery is exercise. The role of exercise after spinal fusion is important in speeding up recovery, strengthening the muscles

supporting the vertebrae and improving the endurance of core stability muscles. The focus of the spinal fusion and exercise webinar will be exercise program design and exercises for a client who has had a lower back spinal fusion.

For more details visit -
http://exercisesforinjuries.com/lumbar_fusion_exercises/

Exercise and Plantar Fasciitis

The role of exercise for plantar fasciitis is vital in helping with a speedy recovery, decreasing pain, decreasing the risk of reoccurrence and in creating an action plan on what to do if symptoms return. The focus of the plantar fasciitis and exercise video presentation is an exercise program and exercises for a client that has plantar fasciitis.

For more details visit - http://BestPlantarFasciitisExercises.com

Knee Injury Solution

I often get asked, “How do I strengthen my knees?”, or “I have injured my knee, what exercises can I do to fix it?” Knee Injury Solution answers these questions. It gives you videos and an exercise manual with a variety of exercises that you can do with minimal or no equipment to strengthen your knees, rehabilitate or prevent a knee injury.

For more details visit - http://KneeInjuryExercises.com

Interested in receiving over $299 worth of fitness education information?

Visit http://ExercisesForInjuries.com