

# UPSWING HEALTH

## Hamstring injuries

### Seated Hamstring Stretch

Place foot on stool. Gently lean forward with upper torso until a stretch is felt in back of thigh. Keep your back straight by bending from hips. Hold 30 seconds and repeat 3 times, 2-3 times a day.



### Bridge Walkouts

Squeeze your buttocks and lift off the floor. From this position, take small outward steps until you can no longer maintain the “bridge” position. Relax and return to the starting position. Repeat this process, 2 sets of 10-15 repetitions, once a day.



Discontinue exercises and consult with a medical professional if any discomfort is experienced.

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## Quarter Wall Squats

Leaning on wall, slowly lower buttocks toward floor until your knees are slightly bent. Your knees should remain over your ankles, not in front of your toes. Tighten thigh muscle as you return to starting position. Perform 2-3 sets of 10 repetitions, once a day.



## Anterior Lunges

Lunge forward to a pain-free distance that you can control and return to starting position. Repeat with the other leg. Perform 2-3 sets of 10 repetitions, once a day.



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## Medial Step Downs

Stand with the involved leg on the step. Step down with the opposite leg, lightly touching your foot to the floor. Return to starting position. Perform 2-3 sets of 10 repetitions, once a day.

