



PHYSIOFROG IC

EXERCISES TO PREVENT HAMSTRING INJURIES



DYNAMIC WARM-UPS

A dynamic warm-up will provide exercises that mimic in-game movements, physically and mentally preparing you for the main event. Physiologically, these exercises will increase blood flow to your hamstrings, improving muscle flexibility and preparing them for the physical demands of your sport. Great dynamic stretches to consider include leg swings, high knees, and butt kicks.

LEG SWINGS

Leg swings are one of many pre match exercises to prevent early in-game injury. Stand next to a sturdy surface for support, and swing one leg forward in a controlled manner, focusing on a full range of motion. Aim to perform 15 swings on each leg.

HIP HINGES

Hip hinges activate and strengthen the posterior chain (muscles along the back lower half of your body), which includes the hamstrings. Stand with your feet hip-width apart, hinge at the hips, and lower your upper body toward the ground while keeping your back straight. Engage your core and squeeze your glutes as you return to an upright position. Repeat for 15 reps.

HAMSTRING CURLS

Hamstring curls give you an opportunity to test your hamstrings' strength using a weight greater than yourself, such gym equipment or resistance bands. Lie face down on a mat, secure the band around your ankles, and flex your knees, bringing your heels towards your glutes. Control the movement as you extend your legs back to the starting position. Aim for 2 sets of 15 reps.

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