

## Hamstring Bottom Ladder

An injured knee, particularly the ligaments, should be strapped, or braced throughout all of this ladder work and for the first six weeks of match play.

**\*Use 7 sec. Rule** means 7 seconds work, then 7 seconds rest; ideally repeat seven times a day but at least three to five times daily.

1	RICE 24- 48 hours.
2	Upper body. Start physiotherapy to muscles and upper body strengthening exercises. Start step 3, 4 and 5
3	Isometrics. Resist hamstring curls. Sit and cross the injured leg over the good ankle and resist knee extensions of the good leg. <b>*Use 7 sec. Rule</b> (see above for details).
4	Stretch for hamstring and calf muscles. (See attached hamstring stretch illustrations)
5	Heels. Face inwards and stand on a strap with both feet together. Do not favour the good leg. Raise and lower the heels at slow rhythm, until th calf aches or the injury gives pain, then stop. Repeat three to five times during the day.
6	Pattering and skipping routine
7	Swimming routine. Freestyle may be painful, so use a gentle leg kick up to pain tolerance.
8	Bike routine. Do not use hamstring to pull pedal through bottom of the cycle.
9	Rowing and bike routines. Begin using hamstring to pull pedal through bottom of the cycle. Start rowing although coming forward may be painful, only work to discomfort.
10	Start lying prone hamstring curls, increasing from body weight to resisted weights. Start isokinetic exercises in sitting and prone positions
11	If walking and climbing do not produce pain, move on to hamstring top ladder.