

Hamstring Top Ladder

Continue cross-training for fitness. Start each training session from the bottom of the ladder. Do six of stage 1 then six of stage 2, etc., until pain, or loss of rhythm halt the training. Early ladder steps may be cut from six to two repetitions when working at the higher stages. Check that the leg rhythm is equal; do not gallop. One way to avoid favouring an injured leg is to count from 1 to 9 whilst running, which sets a rhythm for the legs to follow and allows concentration to move from one leg to the other. Match the feel of the bad leg to the good leg, counting 1, 2; 1, 2; tends to stress any limp. Do stretching exercises between each 100m. Check heel pick up and knee lift are the same height. Stop if any pain last for more than 20-30 seconds and do not progress up the ladders if there is loss of rhythm. Start using a ballistic stretch by swinging the leg into a high kick like a ballet dancer slowly to the point of discomfort. As the injury improves build up the speed of swing, especially in kicking sports.

12	Start play in easy low-grade match, then play at normal grade.
11	Bean bag shuttle. As stage 10 but incorporates bending to touch, or pick up an object such as bean bag from the floor.
10	Shuttle run. 10 x 20 metres wind sprints. Sprint out and back between markers 20 metres apart.
9	Grade 3 sprint. 6 x 100 metres. Increase rate of acceleration over six repetitions, sprint 50 metres, fast stop 25 metres
8	Grade 2 sprint. 6 x 100 metres. Accelerate over 25 metres, sprint 50 metres and decrease the stopping distance over the six repetitions. Note specialist runners should not use this stage which is for start/stop games.
7	Grade 1 sprint. 6 x 100 metres. Accelerate over 25 metres, sprint 50 metres, slow down over 25 metres
6	Run three-quarter speed 6 x 100 metres. Do not increase stride length beyond your normal range i.e. do not bound
5	High heels. 6 x 100 metres trot with heels kicking buttocks on each stride. Start slowly build up speed as pain permits.
4	Run half speed 6 x 100 metres
3	High knee trot. 6 x 100 metres. Keep stride length short, knees raise to horizontal or above Non-sprinters can do 25-30 metres
2	Extended trot/jog 6 x 100 metres normal jogging.
1	Trot 6 x 100 metres small strides barely running like a warm-up trot