


# Hamstring Strains—Preventing the Recurrent Injury

**Table 2  
(continued)**

<p>Rotating core planks</p>	<ol style="list-style-type: none"> <li>1. The athlete lies on his or her side with his or her lower forearm and elbow under his or her shoulder. The legs are on top of each other</li> <li>2. Then, tighten the abdominals to lift your hips</li> <li>3. Lift hips to a height where they create a straight line from shoulder to hip to ankle or just slightly higher. The head should stay in line with your spine. Hold this position for 2 s</li> <li>4. Now rotate the chest toward the floor without dropping the hips</li> <li>5. Place the other forearm on the ground and rotate the body like a pencil such that now the athlete is in the opposite side bridge position</li> <li>6. Continue back and forth in this fashion</li> </ol>	
<p>Physioball bridging with alternating leg holds and alternating hip position</p>	<ol style="list-style-type: none"> <li>1. The athlete lies on his or her back with both heels on the ball</li> <li>2. The athlete bridges up, or lifts hips, off the ground to the desired position. The professional may ask them to bridge all the way up to neutral hip extension or may desire for them to perform in some hip flexion. Either way, the spine should be in neutral</li> <li>3. The angle of knee flexion may also vary upon instruction to work multiple angles of knee flexion and thus hamstring length</li> <li>4. After a brief pause, the athlete switches to the other leg to hold</li> <li>5. This exercise can also be made more difficult by changing the arm position, the closer the arms are to the body and the less of the arms touching the ground, the more challenging it will be</li> </ol>	