

Prepared for: _____

Prepared by: _____

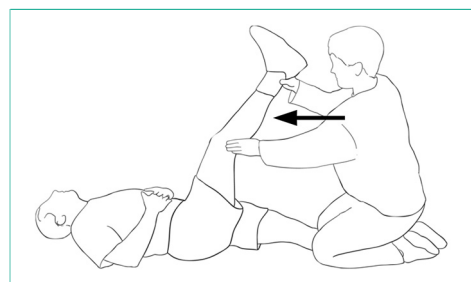
Home Exercise Program for Strains of the Thigh

- Perform the exercises in the order listed.
- Apply dry or moist heat to the thigh for 5 to 10 minutes before exercising to prepare the tissues.
- Apply a bag of crushed ice or frozen peas for 20 minutes after exercising to prevent inflammation.
- If exercising increases pain or the pain does not go away after adhering to the program for 3 to 4 weeks, call your doctor.

Exercise Type	Muscle Group	Number of Repetitions/Sets	Number of Days per Week	Number of Weeks
2-person hamstring stretch <i>or</i> 1-person hamstring stretch	Hamstrings	4 repetitions/2 to 3 sets	Daily	3 to 4
Hip abductor strengthening	Gluteus medius	8 to 12 repetitions/2 to 3 sets	3	3 to 4
Hamstring curls (standing)	Hamstrings	20 repetitions/3 sets	4 to 5	3 to 4
Straight-leg raises	Quadriceps	20 repetitions/3 sets	4 to 5	3 to 4
Straight-leg raises (prone)	Gluteus maximus	20 repetitions/3 sets	4 to 5	3 to 4
Wall slides	Quadriceps Hamstrings	20 repetitions/3 sets	4 to 5	3 to 4

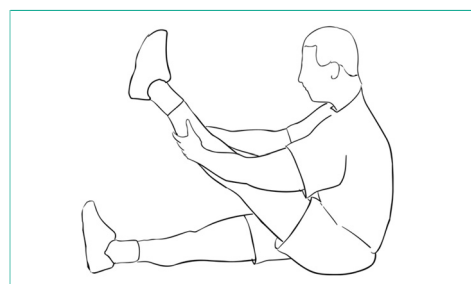
2-Person Hamstring Stretch

- Lie on the floor with your legs straight or with one leg bent slightly at the knee if that is more comfortable.
- Your partner raises one of your legs just to the point of tightness and applies resistance for 30 seconds while you try to lower the leg.
- Do the same with the other leg.
- Repeat the cycle 4 times.
- Perform 2 to 3 sets of 4 repetitions daily, continuing for 3 to 4 weeks.



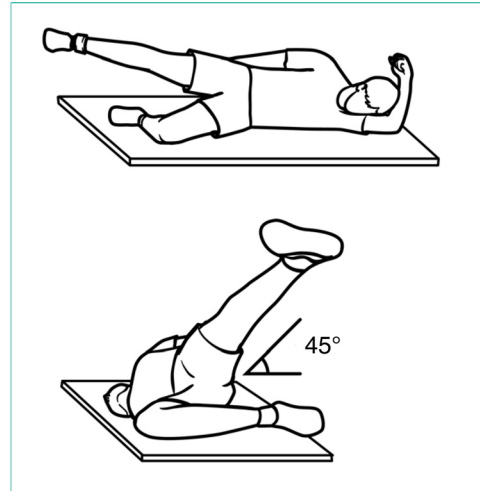
1-Person Hamstring Stretch

- Sit on the floor with your legs straight.
- Grasp the calf of one leg and slowly pull the leg toward your ear, keeping your back straight.
- Hold for 5 seconds.
- Do the same with the other leg.
- Repeat the cycle 4 times.
- Perform 2 to 3 sets of 4 repetitions daily, continuing for 3 to 4 weeks.



Hip Abductor Strengthening

- Lie on your side with the affected hip on top. Cradle your head in your arm and bend your bottom leg to provide support.
- Slowly raise the top leg up and back to 45°, keeping the knee straight.
- Slowly lower the leg to a count of 5 and relax it for 2 seconds.
- Ankle weights should be used, starting with a weight that allows 2 sets of 8 repetitions and progressing to 3 sets of 12 repetitions.
- Then return to 2 sets of 8 repetitions and add weight in 2- to 3-pound increments, progressing each time to 3 sets of 12 repetitions.
- Perform the exercise 3 days per week for 3 to 4 weeks.



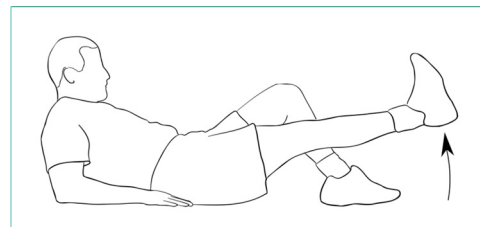
Hamstring Curls

- Stand on a flat surface with your weight evenly distributed on both feet.
- Hold onto the back of a chair or the wall for balance.
- Bend the injured knee, raising the heel of the affected leg toward the ceiling as far as you can without pain.
- Hold this position for 5 seconds and then relax.
- Perform 3 sets of 20 repetitions, 4 to 5 days per week, continuing for 3 to 4 weeks.



Straight-Leg Raises

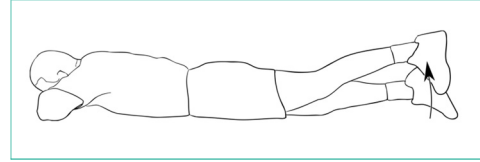
- Lie on the floor, supporting your torso with your elbows as shown.
- Keep the injured leg straight and bend the other leg at the knee so that the foot is flat on the floor.
- Tighten the thigh muscle of the injured leg and slowly raise it 6 to 10 inches off the floor.
- Hold this position for 5 seconds and then relax.
- Perform 3 sets of 20 repetitions, 4 to 5 days per week, continuing for 3 to 4 weeks.



STRAINS OF THE THIGH

Straight-Leg Raises (Prone)

- Lie on the floor on your stomach with your legs straight.
- Tighten the hamstrings of the injured leg and raise the leg toward the ceiling as far as you can.
- Hold the position for 5 seconds.
- Lower the leg and rest it for 2 seconds.
- Perform 3 sets of 20 repetitions, 4 to 5 days per week, continuing for 3 to 4 weeks.



Wall Slides

- Lie on your back with the uninjured leg extending through a doorway and the injured leg extending against the wall.
- Let the foot gently slide down the wall.
- Hold the position for a maximum flexion of 5 seconds and then slowly straighten the leg.
- Perform 3 sets of 20 repetitions, 4 to 5 days per week, continuing for 3 to 4 weeks.

