








HAMSTRINGS AND ITB




	<p>What do the hamstrings do?</p> <p>Knee flexion Hip Extension</p>	 <p>What do the opposite muscles (the quadriceps) do?</p> <p>Extend the knee and flex the hip</p>
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Avoid or minimise OVER ACTIVATION or Overstretching

	
<p>Static standing</p>	<p>Scooters and bikes</p>
	
<p>Kicking – overstretching</p>	<p>Heavy Pushing</p>
	
<p>Stretching under load</p>	<p>Static positioning</p>

Do the following movements and activities:

			
Ski like action Reps. 10 Freq. 3 times per day		Walk on level ground Reps. 15min Freq. 2 x day	
			
Pull rather than push where possible		Sit with legs extended where possible	
Stretches		Morning and night	Hold for 10 sec x 1 Stretch not pain!
			
Turn one foot inward Place the other up on a step (or chair when you get better)		Bend slightly forward keeping your head up and back straight	Extend toes back towards you while breathing out

Muscle spasm release		
		
Identify hard/tight/sore points in the muscle with finger tips Apply pressure with fingers until pressure and pain stops	Use roller over identified area at least twice daily	Use roller under leg if sitting at work