

Proximal Hamstring Tendonopathy

If any exercises cause pain or discomfort more than a 5/10 please stop. It should be tough, but not painful.



Perform each workout daily or every other day depending on your recovery for the allotted time

Stage One – 4-6 weeks

[Hamstring Bridge - 3 sets just before fatigue – \(Advanced version\)](#)

[Hamstring Chair Raise – 3 sets of 8-12](#)

[Hamstring Ball Curl – 3 sets of 8-12](#)

Stage Two – 3-4 weeks

[Eccentric Hamstring Lengthening – 3 sets of 8-12](#)

[Single Leg Deadlift – 3 sets of 8-12](#)

[Good Morning – 3 sets of 8-12](#)