



# HEALING HANDS PHYSIOTHERAPY

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## Hamstring Strain (Phase Three)

### 1. Lunges



### 2. Swiss ball Hamstring curl



### 4. Single-leg deadlift



### 3. Squats



### 5. Nordic curls



## 6. Scissor/lunge jumps



## 7. Side to side box jumps



5.2 Box jumps: advanced level



## 8. Dynamic hamstring stretching



## 9. Balance and Proprioception

