

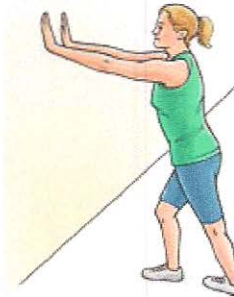
# Hamstring Strain Rehabilitation Exercises



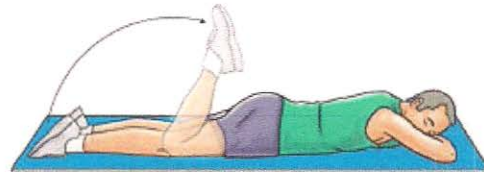
Standing hamstring stretch



Hamstring stretch on wall



Standing calf stretch



Prone knee bend



Prone hip extension



Chair lift



Resisted hamstring curl



Lunge



Slump stretch