

THE BEST HAMSTRING EXERCISE PERIOD!

THE STABILITY BALL HAMSTRING CURL EXPLAINED

First a little explanation why this is considered the best:

- This is as close to specific isolation muscle training with stability as you can get.
- This exercise challenges through a wide range of motion.
- This is one of the best exercises for low back pain, patella femoral pain, adductor (groin) strains, quad and hip flexor strains, calf strains, Achilles tendonitis, abdominal and oblique strains, and many other strains or tendonitis's.
- This exercise can also help you to strengthen your abdominal muscles without involving your back.

ACE Fitness and most other fitness organizations recommend that you do the exercise like this. My neck hurts just looking at this! I am also pretty sure that she is arching her back and getting some major help from those lower back muscles. There is no way that she is going to get the full benefit of this exercise.



Now let's put this exercise to the test. Before you begin, try to touch your toes. Keep in mind how far down you can reach. Remember how it feels and what you feel limiting you. If you can already touch your toes or beyond, then this probably won't have much of an effect on hamstring length. Now try this hamstring ball curl and for as many sets as you can perform (up to 5) and recheck your standing reach test. You should feel like it is easier to get to the same point or further!



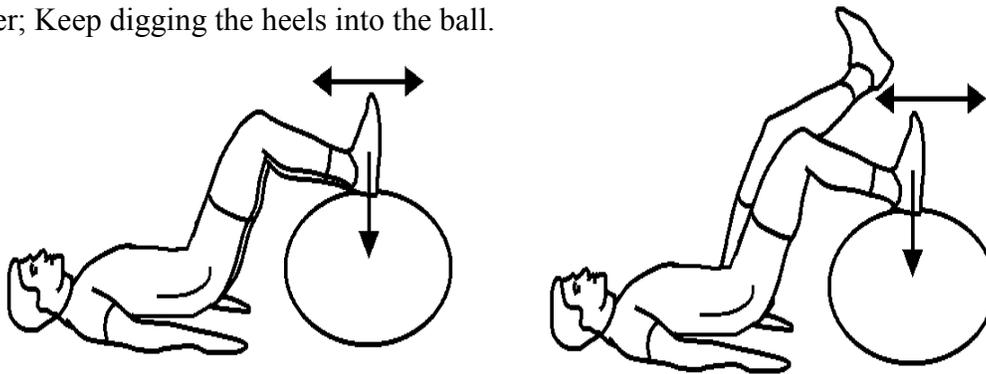
Positive



Negative

THE PROPER FORM for the STABILITY BALL HAMSTRING CURL:

- Begin with both of your heels in the center of the ball and your knees/ hips bent to 90 degrees.
- Dig your heels into the ball as you pull your toes towards your shin and lift your tailbone slightly off the floor. Keeping as much of your mid and lower back touching the floor as you can.
- You will feel your hamstrings engage.
- Keep the downward pressure into the ball and your tailbone lifted off the floor as you roll the ball in touching your bottom and out as far as you can without losing heel contact with the ball.
- Try to perform about 3-5 sets of 20-35 depending on your current level.
- If this is too easy, try the single leg version. All of the steps are the same as the double leg except keep the uninvolved leg straight up in the air when performing the curl. (you should only be able to perform about 10-20 of these before fatigue)
- Remember; Keep digging the heels into the ball.



This is the better way to perform this exercise. Remember... less is more. The less you lift your mid back off of the floor, the more you will isolate and stress the hamstrings specifically. This is also an important exercise considering the instability of the exercises. We have to make sure that the lower back is not trying to help control all the side to side movement. This movement should be controlled by you gluteus and oblique muscles. This exercise also acts as a re-education tool for the entire lumbo-pelvic-hip-complex.

Now stand up and try to touch your toes again. You should see an improvement.

Strengthen the hamstrings to gain motion and mobility!!!

For more information on this and any other of my postings on the CJSA website

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