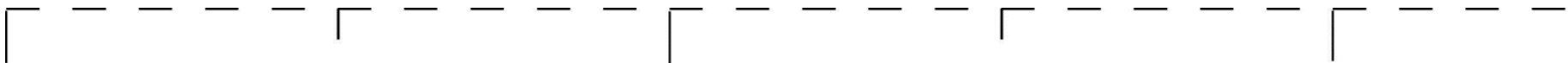


HAMSTRING REHABILITATION STUDY

Daily assessments

Injured leg: LEFT RIGHT No = no pain, P = pain, NA = not able, HE = hip extension, ° = degrees, kg = kilograms

	/ / 201_ Days Post:		/ / 201_ Days Post:		/ / 201_ Days Post:		/ / 201_ Days Post:		/ / 201_ Days Post:	
	Sign:		Sign:		Sign:		Sign:		Sign:	
	INJURED	UNINJURED	INJURED	UNINJURED	INJURED	UNINJURED	INJURED	UNINJURED	INJURED	UNINJURED
Average pain today	VAS /10		VAS /10		VAS /10		VAS /10		VAS /10	
Walking	No P NA		No P NA		No P NA		No P NA		No P NA	
Jogging	No P NA		No P NA		No P NA		No P NA		No P NA	
2 leg squat x 3	No P NA		No P NA		No P NA		No P NA		No P NA	
1 leg squat x 3	No P NA		No P NA		No P NA		No P NA		No P NA	
Trunk flexion	No P NA		No P NA		No P NA		No P NA		No P NA	
Total palp. length:	cm P		cm P		cm P		cm P		cm P	
Mid range	kg P no	kg	kg P no	kg	kg P no	kg	kg P no	kg	kg P no	kg
Outer range	kg P no	kg	kg P no	kg	kg P no	kg	kg P no	kg	kg P no	kg
SLR	° P no	°	° P no	°	° P no	°	° P no	°	° P no	°
MHFAKE	° P no	°	° P no	°	° P no	°	° P no	°	° P no	°
Bent leg bridge 3x	No P NA		No P NA		No P NA		No P NA		No P NA	
Straight leg bridge 3x	No P NA		No P NA		No P NA		No P NA		No P NA	
Comments:										
	/ / 201_ Days Post:		/ / 201_ Days Post:		/ / 201_ Days Post:		/ / 201_ Days Post:		/ / 201_ Days Post:	
	Sign:		Sign:		Sign:		Sign:		Sign:	
	INJURED	UNINJURED	INJURED	UNINJURED	INJURED	UNINJURED	INJURED	UNINJURED	INJURED	UNINJURED
Average pain today	VAS /10		VAS /10		VAS /10		VAS /10		VAS /10	
Walking	No P NA		No P NA		No P NA		No P NA		No P NA	
Jogging	No P NA		No P NA		No P NA		No P NA		No P NA	
2 leg squat x 3	No P NA		No P NA		No P NA		No P NA		No P NA	
1 leg squat x 3	No P NA		No P NA		No P NA		No P NA		No P NA	
Trunk flexion	No P NA		No P NA		No P NA		No P NA		No P NA	
Total palp. length:	cm P		cm P		cm P		cm P		cm P	
Mid range	kg P no	kg	kg P no	kg	kg P no	kg	kg P no	kg	kg P no	kg
Outer range	kg P no	kg	kg P no	kg	kg P no	kg	kg P no	kg	kg P no	kg
SLR	° P no	°	° P no	°	° P no	°	° P no	°	° P no	°
MHFAKE	° P no	°	° P no	°	° P no	°	° P no	°	° P no	°
Bent leg bridge 3x	No P NA		No P NA		No P NA		No P NA		No P NA	
Straight leg bridge 3x	No P NA		No P NA		No P NA		No P NA		No P NA	
Comments:										



HAMSTRING REHABILITATION STUDY

Daily assessments

Injured leg: LEFT RIGHT No = no pain, P = pain, NA = not able, HE = hip extension, ° = degrees, kg = kilograms

	/ / 201_ Days Post:		/ / 201_ Days Post:		/ / 201_ Days Post:		/ / 201_ Days Post:		/ / 201_ Days Post:	
	Sign:		Sign:		Sign:		Sign:		Sign:	
	INJURED	UNINJURED	INJURED	UNINJURED	INJURED	UNINJURED	INJURED	UNINJURED	INJURED	UNINJURED
Average pain today	VAS /10		VAS /10		VAS /10		VAS /10		VAS /10	
Walking	No P NA		No P NA		No P NA		No P NA		No P NA	
Jogging	No P NA		No P NA		No P NA		No P NA		No P NA	
2 leg squat x 3	No P NA		No P NA		No P NA		No P NA		No P NA	
1 leg squat x 3	No P NA		No P NA		No P NA		No P NA		No P NA	
Trunk flexion	No P NA		No P NA		No P NA		No P NA		No P NA	
Total palp. length:	cm P		cm P		cm P		cm P		cm P	
Mid range	kg P no	kg	kg P no	kg	kg P no	kg	kg P no	kg	kg P no	kg
Outer range	kg P no	kg	kg P no	kg	kg P no	kg	kg P no	kg	kg P no	kg
SLR	° P no	°	° P no	°	° P no	°	° P no	°	° P no	°
MHFAKE	° P no	°	° P no	°	° P no	°	° P no	°	° P no	°
Bent leg bridge 3x	No P NA		No P NA		No P NA		No P NA		No P NA	
Straight leg bridge 3x	No P NA		No P NA		No P NA		No P NA		No P NA	
Comments:										
	/ / 201_ Days Post:		/ / 201_ Days Post:		/ / 201_ Days Post:		/ / 201_ Days Post:		/ / 201_ Days Post:	
	Sign:		Sign:		Sign:		Sign:		Sign:	
	INJURED	UNINJURED	INJURED	UNINJURED	INJURED	UNINJURED	INJURED	UNINJURED	INJURED	UNINJURED
Average pain today	VAS /10		VAS /10		VAS /10		VAS /10		VAS /10	
Walking	No P NA		No P NA		No P NA		No P NA		No P NA	
Jogging	No P NA		No P NA		No P NA		No P NA		No P NA	
2 leg squat x 3	No P NA		No P NA		No P NA		No P NA		No P NA	
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Total palp. length:	cm P		cm P		cm P		cm P		cm P	
Mid range	kg P no	kg	kg P no	kg	kg P no	kg	kg P no	kg	kg P no	kg
Outer range	kg P no	kg	kg P no	kg	kg P no	kg	kg P no	kg	kg P no	kg
SLR	° P no	°	° P no	°	° P no	°	° P no	°	° P no	°
MHFAKE	° P no	°	° P no	°	° P no	°	° P no	°	° P no	°
Bent leg bridge 3x	No P NA		No P NA		No P NA		No P NA		No P NA	
Straight leg bridge 3x	No P NA		No P NA		No P NA		No P NA		No P NA	
Comments:										

