

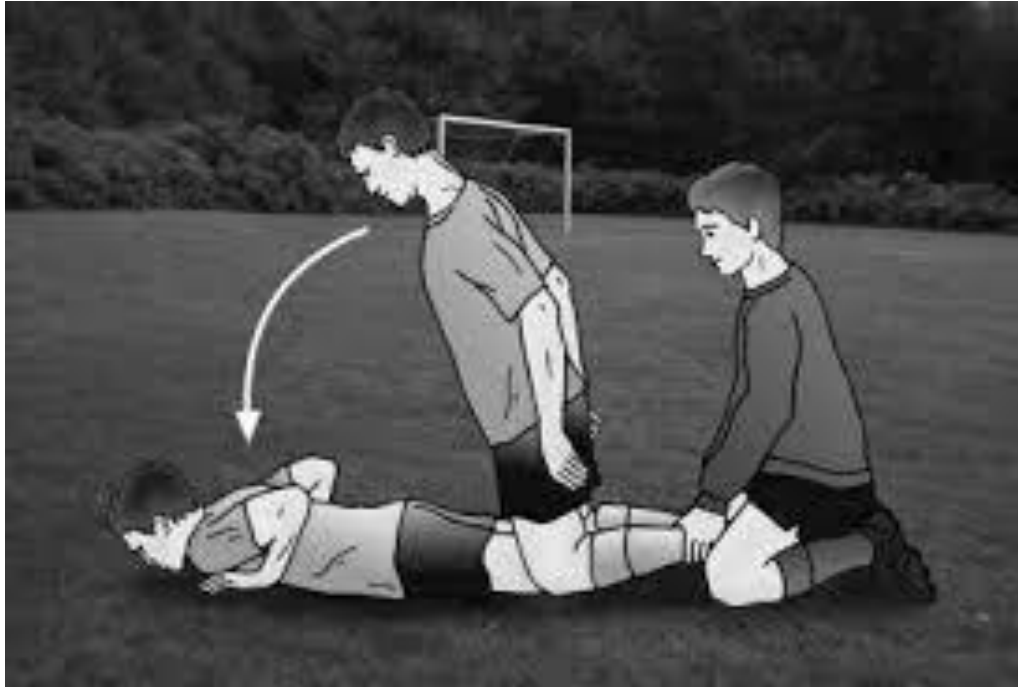
COMPREHENSIVE PHYSICAL THERAPY		
Melinda Amato OTR/L CHT Brandon Heyda OTR/CHT	Raymond Ryan PT/Director Valerie Peckingham PT Isabella Mesturini PT,DPT	Peter Ives PTA Kirsten Perillo PTA

## Megan R. Wolf, MD

### Sports Medicine/Foot & Ankle

### Nordic Hamstring Exercise

#### Home Exercise Program



Week	Sessions Per Week	Sets and Reps
1	1	2 x 5
2	2	2 x 6
3	3	3 x 6-8
4	3	3 x 8-10
5-10	3	3 sets, 12-10-8 reps
10+	1	3 sets, 12-10-8 reps

*Reproduced from Petersen et al (2011)*