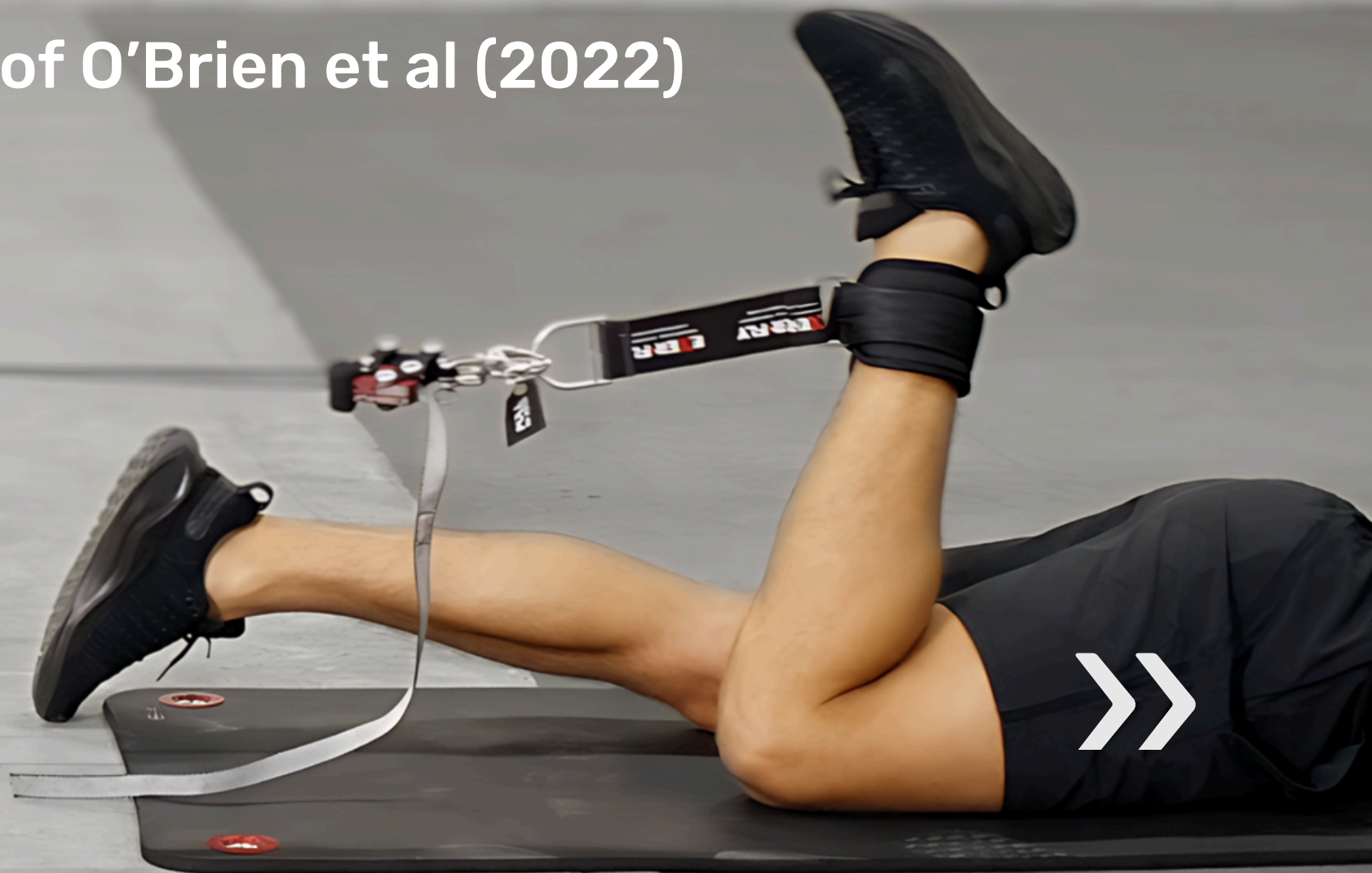


# A New Spin on Hamstring Strengthening

Review of O'Brien et al (2022)





# Hamstring Injuries

Hamstring strain injuries (HSI) are a high-rate injury, with occurrence rates as high as 25%, the injury drastically affecting individual and team performance. Many of these injuries occurring during the eccentric/lengthening/loading phase of a movement.





# Flywheels & Eccentric Overload

Given that FRT is known for its eccentric overload, it would seem an ideal training method to enhance hamstring strength.





# The Best Flywheel Exercises?

Two exercises that appear to have major benefit for hamstring strength are flywheel leg curl and flywheel Romanian deadlift. Also, there is a swag of research showing better muscle activation of biceps femoris long head using FRT.

# Take home message



FRT is ideally suited to increasing biceps femoris fascicle length and strength, reducing the likelihood of hamstring injury or re-injury.

Click our link in bio to access the full resource including the loading parameters to enhance injury resistance in your athletes!

