



Hamstring Stretch Lying Down

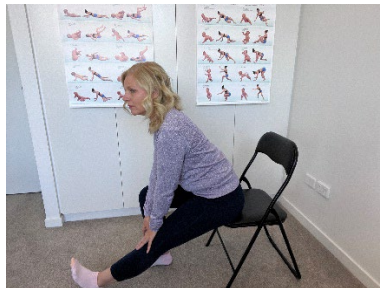
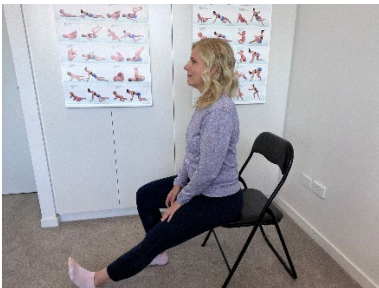
Prepare

- Begin lying on your back with one leg bent, your other leg straight.
- Loop a towel, strap, or belt around the foot of the straight leg.

Movement

- Pull on the strap and lift your straight leg up until you feel a mild stretch in the back of your thigh and calf.
- Hold this position for 20 seconds then release and relax. Repeat the exercise 2-3 times.

Hint: Try to keep your knee straight and back flat during the exercise. The closer you hold the towel to your foot, the less effort you will need to use to hold your leg there.



Hamstring Stretch Seated

Prepare

- Begin sitting upright and one leg straight in front of you on the floor.

Movement

- Slowly bend your trunk forward keeping your back straight until you feel a stretch in the back of your thigh.
- Hold this position for 20 seconds then release and relax. Repeat the exercise 2-3 times.

Hint: Flexing your foot towards your face will increase the stretch, while pointing the foot will decrease the stretch slightly.