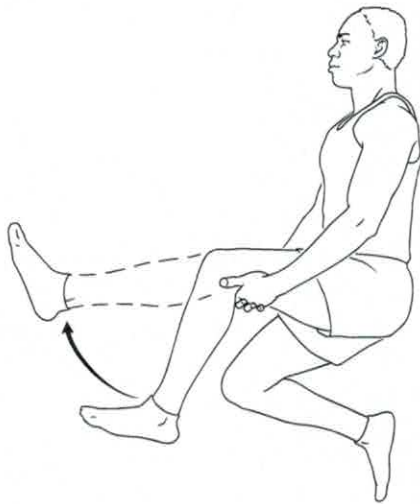


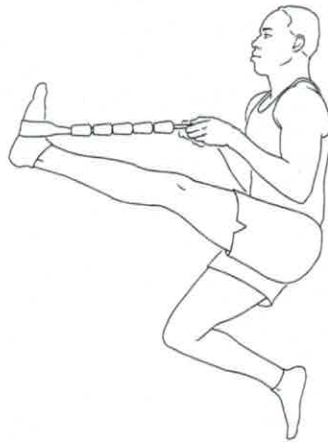
HAMSTRING - 4 Supine



Lie on back, legs bent and feet flat. Grasp behind one leg and slowly try to straighten knee. Hold 10 seconds.

Repeat 5 times per session. Do 2 sessions per day.

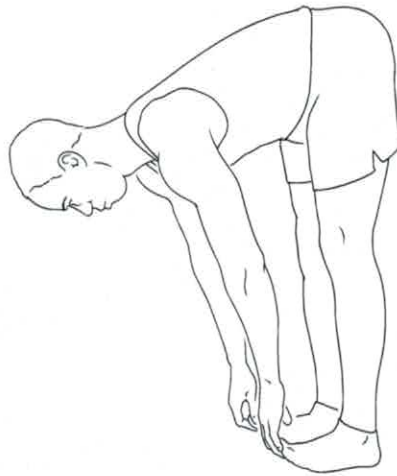
HAMSTRING - 7 Supine: Leg Stretch With Strap  
(Intermediate)



Lie on back with one knee bent, foot flat on floor. Hook strap around other foot. Straighten knee. Raise leg further toward its maximal range. Hold 10 seconds. Relax leg completely down to floor.

Repeat 5 times per session. Do 2 sessions per day.

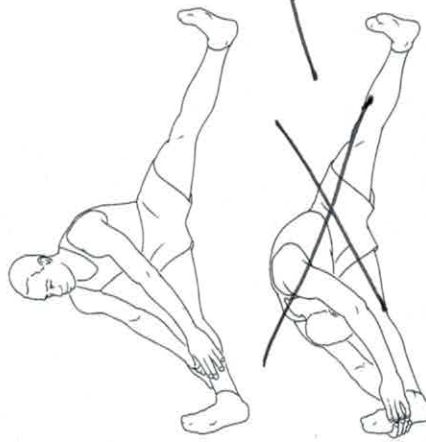
HAMSTRING - 17 Sitting: Bilateral



Sit with legs together in front, feet flexed. Bend forward from hips keeping spine straight and grasp big toes. Keep back straight. Hold 10 seconds. Beginner: Grasp shins.

Repeat 5 times per session. Do 2 sessions per day.

HAMSTRING - 20 Sitting: Unilateral



Sit, feet wide apart. Grasp lower leg and pull head toward one knee, sliding hands down leg. Hold 10 seconds.

Repeat 5 times per session. Do 2 sessions per day.

## Moderate Hamstring Stretches – General Precautions

**For all exercises, please ensure that you are standing next to a firm or stable object (i.e. your kitchen counter) in case you need something to hold on to for balance or to assist you in standing up.**

- 1) To make this exercise harder, once your leg is straight you can pull the leg toward your chest inducing a hamstring stretch. The last step is to pull the toes of the straight leg down toward you.
- 2) Make sure to pull the leg toward you very slowly while using a strap.
- 3) Some of you may not be able to reach your toes, which is okay! Reach as far down your legs as you can without any pain.
- 4) Try your best to keep a straight back as you reach for one foot at a time. **The bottom picture shows the figure rounding their back as they reach, this is to be avoided with our group!** Always reach slowly toward your toes.

As always, if you feel any pain STOP!