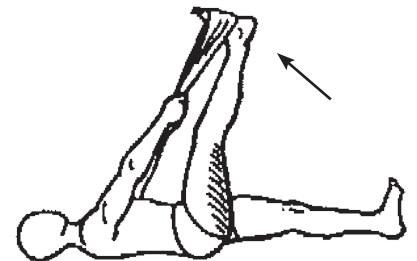
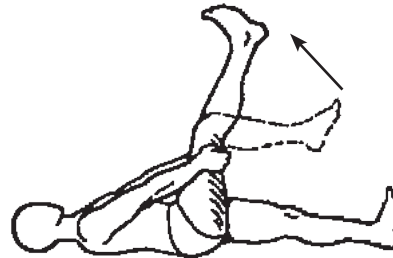


Hamstring Stretches

1. Hamstring Stretch in 90/90 position

Lie on back bring leg up until hip is at a 90° angle.
Keep opposite leg straight.
Slowly straighten your leg until a stretch is felt behind the thigh.
You may use a towel to assist with the stretch.
Hold 20 to 30 seconds.

Repeat _____ times.



2. Hamstring Stretch (Assisted)

Lie on back, towel roll under lower back, left leg on helper's shoulder.
Helper places hands above and below knee and raises leg with knee straight.
Stretch is felt in back of thigh.
Hold 20 to 30 seconds.

Repeat _____ times.



3. Hamstring Stretch (Standing)

Hold on to a countertop or the back of a chair for support.
Place leg to be stretched on a stool, platform or step of comfortable height. Keep both knees straight.
Opposite foot should point straight ahead.
Slowly bend forward from the hips until a stretch is felt behind the knee.
Keep your back straight.
Hold 20 to 30 seconds.

Repeat _____ times.

