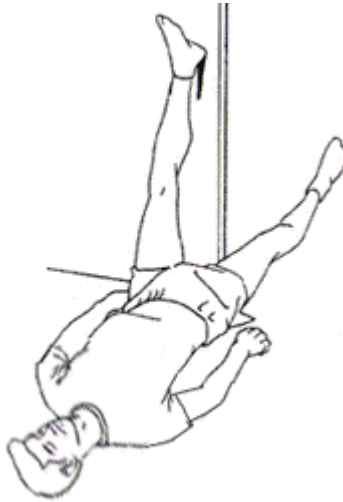


Hamstring Stretches

Exercise:

Hamstrings Stretch in Door Jam



LIE IN THE DOOR AND PLACE YOUR HEEL ON THE DOOR WALL AS DIAGRAMMED. TO INCREASE THE STRETCH MOVE YOUR BOTTOM CLOSER TO THE DOOR.

Repeat:	2 times	Sets:	1
Hold Time:	30 secs	Resistance/Time:	0
Sessions:	2 /day		

Exercise:

Hamstrings Stretch in Long Sitting



SIT WITH THE INVOLVED LEG STRAIGHT OUT AND THE OTHER BENT AS ILLUSTRATED. GENTLY LEAN FORWARD REACHING TOWARD YOUR TOES TO OBTAIN A STRETCH.

Repeat:	2 times	Sets:	1
Hold Time:	30 secs	Resistance/Time:	0
Sessions:	2 /day		

Exercise:

Hamstrings Stretch in Standing with Stool



PLACE THE HEEL OF THE INVOLVED LEG ON A STEP. WHILE MAINTAINING A STRAIGHT LEG GENTLY LEAN FORWARD TOWARD YOUR TOES TO STRETCH THE BACK OF THE THIGH.

Repeat:	2 times	Sets:	1
Hold Time:	30 secs	Resistance/Time:	0
Sessions:	2 /day		