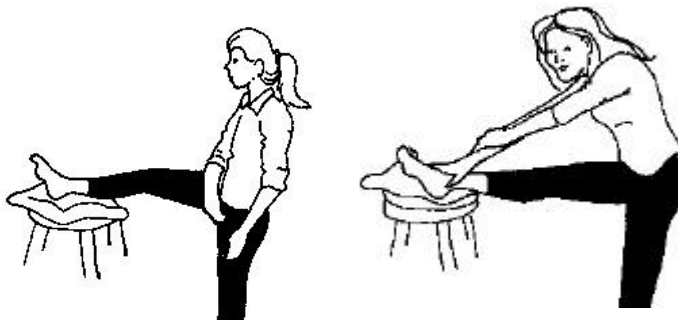


# HAMSTRING STRETCHING EXERCISES

## I. Standing Hamstring Stretch

Place heel on table or support at waist height. Extend knee straight. Keep foot in neutral position (toes pointed straight up). Slowly lean forward at the hips, with chin aimed toward toes. Reach toward elevated foot. Hold for 10 counts. DO NOT BOUNCE.

Do a minimum of \_\_\_\_ repetitions (or for \_\_\_\_ minutes) \_\_\_\_ times per day, \_\_\_\_ days per week. Repeat with opposite leg.



## II. Seated Hamstring Stretch

Sit on floor. Extend one leg forward with knee straight and toes pointed upward. Bend other knee and place it to the side of the body. Slowly lean forward at the hips with the chin aimed toward the toes. Reach toward foot. DO NOT BOUNCE. Hold for 10–30 counts.

Do a minimum of \_\_\_\_ repetitions (or for \_\_\_\_ minutes), \_\_\_\_ times per day, \_\_\_\_ days per week. Repeat with opposite leg.

