



Hamstring Stretch

Purpose:

Stretch hamstring (back of thigh).

Starting Position:

Stand with your left side to the wall, 12 to 18 inches from the wall. Place your left hand against the wall for balance, keeping that arm slightly bent

Action:

- Place your left heel on the floor in front of you. Lean forward from your hip (not your waist).
- Push your hip back and reach toward your toe with your right hand. Your foot can be pointing up (as shown) or flat on the floor, whichever is more comfortable for you. Make sure to keep your shoulders and back straight as you reach forward.
- Hold for two to three seconds. Return to starting position.

Repeat:

6 to 8 times on each side. Rest, then do a second set.

