



HAMSTRING STRETCH

With your knee straight and your heel on the floor in front of you, tilt your pelvis forwards. Keeping your back straight, lean forwards until you feel a stretch in your hamstring. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 2-3 x day

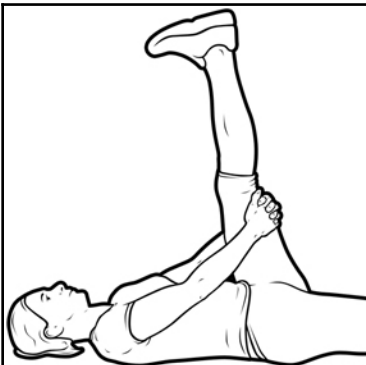


HAMSTRING STRETCH

Place your heel on a knee-height table/chair with your knee straight and tilt your pelvis forwards. While keeping your back straight, lean forward until you feel a stretch in your hamstring. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 2-3 x day

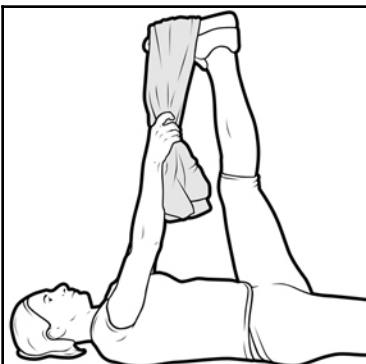


HAMSTRING STRETCH

Lie on your back with one leg straight. Raise your other leg as far as you can keeping your knee straight. Grasp behind your knee and pull the leg towards you until you feel a stretch in your hamstrings. Hold.

SETS & REPS: 30sec hold

FREQUENCY: 2-3 x day

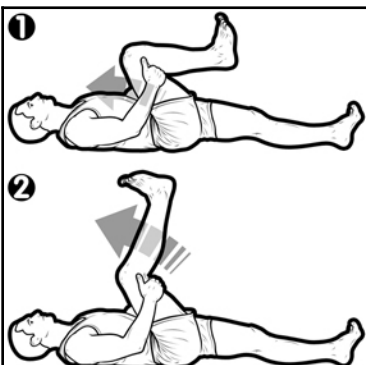


HAMSTRING STRETCH WITH TOWEL

Lying on your back with your legs straight, loop a towel or resistance band over your foot and raise your leg as far as you can. Keeping your knee straight, pull the towel/band to increase the stretch. Hold. (Contract your quadriceps to help your hamstrings relax further).

SETS & REPS: 30sec hold

FREQUENCY: 2-3 x day



KNEE HUG WITH HAMSTRING STRETCH

Lying on your back, bend one leg up as far as you can, grasp your leg behind your knee and pull your hip further into flexion until you feel a stretch in your buttock (1). Actively straighten your knee until you feel a stretch in your hamstring (2). Hold.

SETS & REPS: 30sec hold

FREQUENCY: 2-3 x day