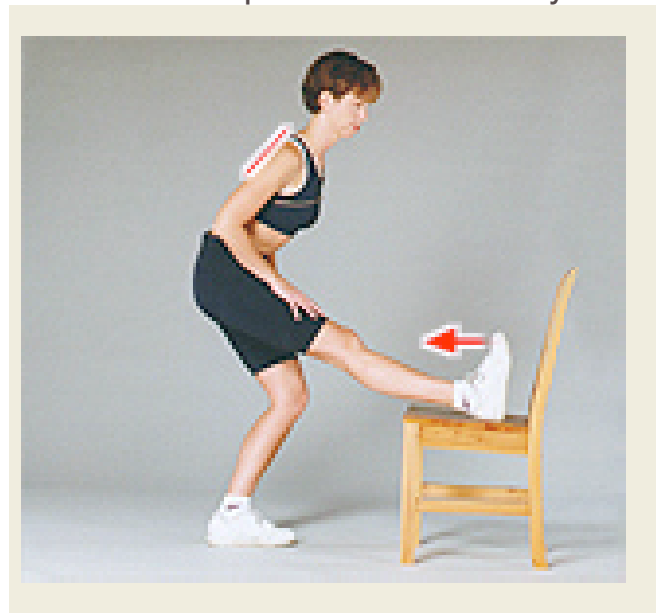


Hamstring Stretches

Supine Wall Hamstring Stretch



- Lie in a doorway with one leg flat on the ground and the other up against a wall at about 60 degrees (see above).
- Move either further in through the door or further out until you achieve a strong yet comfortable stretch of the hamstring.
- Perform for 10-20 seconds each leg. Stretch each leg 2 times. Repeat this twice daily.



- Put one leg up on a chair (see above).
- If needed, stabilize yourself by placing your hand against a wall.
- While maintaining an upright posture, slowly squat by bending your weight-bearing knee until you feel a strong yet comfortable stretch.
- Perform for 10-20 seconds each leg. Stretch each leg 2 times. Repeat this twice daily.