

Let it Heal

Pain & Detox Clinic

Hamstring Exercise

Stand holding on to something for balance. On looser side first, place toes on floor behind you.

1. Leg straight, swing it up, then let it drop to the floor.
2. Raise your knee to the waist. Return toes to floor behind you.

Do 6 times this leg, then 6 times the other leg. You can repeat, if desired. This exercise is more effective than any other hamstring stretch you may know. It is now used by soccer teams all over Australia.