

HAMSTRING STRETCHES



Hams / Toe Touch - Ball

Sitting on ball, legs straight out in front and heels resting on floor. Pull toes back, and bend at hips to touch toes. maintain an abdominal hollow. Hold for 10 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

Notes:



Hamstrings SLR

Lying on back with knees bent and feet flat on floor. Raise one leg up toward ceiling, pulling toes back. Use hands behind knee to support leg. Maintain an abdominal hollow. Hold for 10 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

Notes:



Hamstrings Forward Flexion

Standing with feet shoulder width apart, knees slightly bent. Maintaining an abdominal hollow, bend forward at hips and support hands on a chair. Slowly try to straighten knees and push buttocks up toward ceiling. Hold for 10 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

Notes:



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Lying on back in a doorway, raise one foot up the wall as far as comfortable, keeping knee straight, other leg resting flat on floor. Maintain an abdominal hollow, and gently press lower leg into floor. Hold for 10 relaxed breaths, release. Stop if the exercise causes pain.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

Notes:



'Downward Facing Dog'

Starting on all fours, drop head and raise buttocks straight up toward the ceiling, straightening elbows and knees. Maintain an abdominal hollow and keep heels on floor. Push backwards through hands, try forming a straight line between elbows, shoulders and hips. Hold for 10 relaxed breaths, return to start position, repeat. Stop if the exercise causes pain. UPPER BOD POSITION

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	5
2 x/day	

Notes: