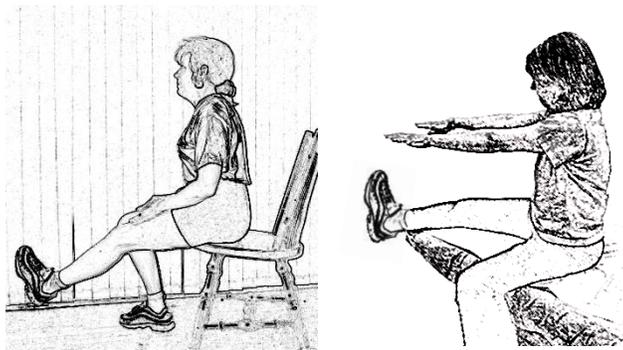


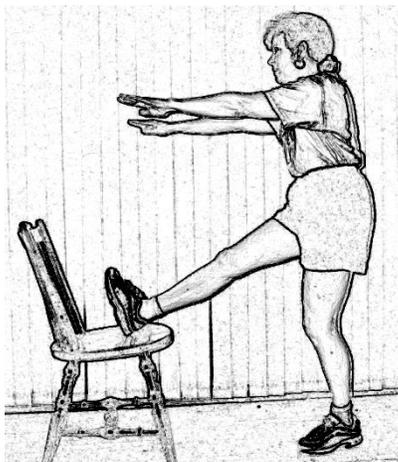
HAMSTRING STRETCHES

Sitting



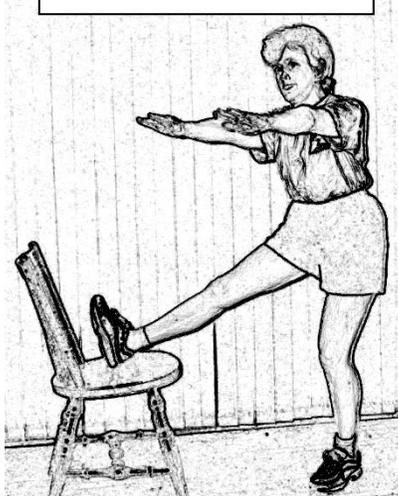
1. **SIT** on bed or couch (or floor)
2. Straighten the leg to be stretched, supported on the surface.
3. Bent leg can be over edge of couch or bed, with foot on floor or stool.
4. **TIGHTEN STOMACH**
5. Keep **SHOULDER BLADES SQUARED**
6. (Advanced) - reach forward at shoulder level
7. May pull strap or sheet around your arch for an extra stretch
8. Hold for 30 seconds

Outer Hamstrings



1. **STAND** on one leg with **HIP, KNEE, AND SHOE POINT IN LINE WITH THE CENTER OF YOUR BODY.**
2. Place your heel on a chair or bottom step of the stairs.
3. Reach forward over the outstretched leg with your arms at shoulder height.
4. Keep your **BACK & NECK STRAIGHT** with **STOMACH IN, SHOULDER BLADES SQUARED,** and **CHIN** pulled **IN.**
5. Hold for 30 seconds

Inner Hamstrings



1. **STAND** on one leg with **HIP, KNEE, AND SHOE POINT IN LINE WITH THE CENTER OF YOUR BODY.**
2. Place your heel on a chair or bottom step of the stairs.
3. Reach forward over the standing foot with your arms at shoulder height.
4. **KEEP YOUR BACK & NECK STRAIGHT** with **STOMACH IN, SHOULDER BLADES PINCHED,** AND **CHIN** pulled **IN.**
5. Hold for 30 seconds