

**Stretch hamstring half kneel**



- Begin in a half kneel position with hands on chair or bed.
- Slowly rise up to standing while maintaining the heel of the back leg on the floor.
- Lean upper body forward to increase stretch.
- Relax and breathe.
- Return to start position and repeat.
- Repeat stretch with other leg.

**Perform 1 set of 4 Repetitions, twice a day.**

Hold exercise for 20 Seconds.

**Stretch hamstring uni long sitting**



- Sit on firm surface with one leg out in front.
- Slowly lean forward, trying to touch toes.

**Perform 1 set of 4 Repetitions, twice a day.**

Hold exercise for 20 Seconds.

**Stretch hamstring uni stand**



- Stand with heel propped on low table, knee straight, as shown.
- Gently and slowly lean forward at waist.
- Repeat with other leg.

**Special Instructions:**

Keep the knee straight.

**Perform 1 set of 4 Repetitions, twice a day.**

Hold exercise for 20 Seconds.

**Stretch hamstrings supine active**



- Lie on back holding knee from behind, pulled toward chest, as shown.
- Gently straighten leg.
- Repeat with other leg.

**Perform 1 set of 4 Repetitions, twice a day.**

Hold exercise for 20 Seconds.

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Signature: \_\_\_\_\_

These exercises are to be used only under the direction of a licensed, qualified professional.