

# Hamstring Stretch



Figure 1



Figure 2

- Stand upright.
- Rest your right heel on a surface 1-2 feet high.
- Keep your knee locked and your leg straight (figure 1)
- Keep your shoulders back (don't roll them forward) and bend forward at the waist.
- Bend forward until you feel a stretch on the back of your upper right thigh (white arrow).
- Hold this stretch for 5 seconds.
- Keep your right knee locked and push down with your right heel - tightening your right hamstring.
- Push down for the count of 5.
- Relax your leg and bend farther forward at the waist, stretching your hamstring further.
- Repeat these steps 3 times on each leg.

**Perform this stretch 1-2 times per day**

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