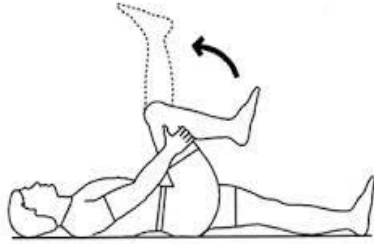


## 90/90 Hamstring Stretch



- Lie on your back with your head and neck supported.
- Keeping your belly button drawn in towards your spine with your back and your left leg flat to the floor, bend your right knee and with both hands placed comfortably behind the knee pull it towards your chest.
- Once you have pulled your bent right leg to a 90 degree position then start to straighten the right knee towards the ceiling until a gentle pull is felt and hold for 30 seconds
- Remember to keep your belly button drawn in towards your spine and don't allow the left knee to lose contact with the floor
- You may need to let the right knee bend a little if you are feeling a strong pull or strain or if the left knee is losing contact with the floor and you can work towards a straight knee as flexibility improves
- Repeat with the left leg. Alternate between right and left until 2-3 sets have been performed on each leg.

## Seated Hamstring Stretch



- Sit on the edge of your chair with your leg off the chair but still sitting safely.
- Bend your left leg to support you and straighten your right leg out with a slight bend in your knee and your heel on the floor in front of you
- Drawing your belly button in towards your spine and keeping your chest and head up, bend forward at the waist until you feel a gentle pull in the back of your leg and hold for 30 seconds
- You can gently hold the side of your chair for support if needed.
- Repeat with the left leg. Alternate between right and left until 2-3 sets have been performed on each leg.

## Standing Hamstring Stretch



- Standing tall with good posture, draw your belly button in towards your spine and place your right heel on a 6-12 inch step/stool in front of you with a slight bend in the knee
- Keeping alignment with the hip, knee, and ankle straight ahead; squeeze your glut/buttock muscles to give you stability & balance
- Hold onto a chair or wall for support as needed
- Bend forward at the waist while keeping your chest and head up until a gentle pull is felt in the back of your leg and hold for 30 seconds
- Repeat with the left leg. Alternate between right and left until 2-3 sets have been performed on each leg.