



Hamstring Stretch I

- Lie on your back, keep your back straight and hips level.
- Using a towel or band, bring your left leg up towards you. The right leg should remain extended on the floor.
- Keep your left foot **flexed** and left leg **straight**. Hold for 15-30 seconds.
- Repeat on your right side.
Repeat **set** twice a day.

**Lower back should remain down on floor.



Hamstring Stretch II

- Stand tall and place your left foot on a steady surface about knee height.
- Bend your right knee to a mild squat bringing your abdominals slightly inward.
- Lean slightly forward from your hips, while flexing the toes of your left foot up towards you.
- Keep your shoulders down and relaxed. Keep your low back straight.
- Hold for 15-30 seconds. Repeat on your right side. Repeat **set** twice a day.

