



THE HOUSE OF
**NATURAL
HEALTH**

89 Zillman Road Hendra
Phone: 07 3268 2142
info@houseofnaturalhealth.com.au
ABN: 23 150 767 005

Hamstrings (Wall Stretch) Lying on the floor extend one leg on wall. The other leg should extend through doorway, so you can scoot your buttocks toward the wall until you feel a stretch in the hamstrings. Hold 30-60 seconds for 2-3 reps. Scoot further toward the wall as your hamstring loosens up, but never push into pain.

Hamstrings (Sit and Reach) Sit on floor, bending one leg to place the sole of the foot by the inner thigh of the extended leg. Elongate torso and reach out to the extended leg, keeping that knee and your back comfortably straight. Hold the stretch when you feel tension in the hamstrings (the back of the leg). Hold stretch for 20-30 seconds and repeat 2-3 times on each leg. Don't bounce or push into pain.



Hamstring Stretch. Lie on your back, bending one leg keeping that foot on the floor, to prevent you lifting your buttocks during the stretch.

Raise your other leg, holding it either side of your knee joint, to gradually pull the leg towards you. You should feel the hamstring muscle stretching at the back of this leg.

Concentrate on keeping your buttocks on the floor, and keeping the stretched leg as straight as possible.

