

Flexibility (Hamstrings)



Exercise Description:

Lying Hamstring against wall

Classification:

Flexibility (Hamstrings)

Instructions:

Lie on your back and place one leg straight up on a wall and the other leg across the knee.

Slide yourself towards the wall with your hips until a good stretch is felt in your hamstring.

Hold for prescribed number of seconds and then repeat with the other leg.

Flexibility (Hamstrings)



Exercise Description:

Double active hamstring stretch

Classification:

Flexibility (Hamstrings)

Instructions:

1. Lie on your back and place the band around the bottoms of your feet. Your knees should be bent and your hands should be holding the handles of the band.
2. While holding the handles stationary extend your legs to create a gentle stretch.
3. Return to the starting position and repeat.

Hamstring stretch with tubing

**Exercise Description:**

Hamstring stretch with tubing

Classification:

Flexibility (Hamstrings)

Instructions:

1. Lie on your back and place tubing around the bottom of one foot. Hold the other end of the tubing in your hands.
2. Bring your knee up to a 90 degree angle and hold the bands close to your chest.
3. Slowly extend your knee until your leg is straight.
4. You should feel a stretch on the back side of your leg. If not then bring the knee closer to your chest and then straighten your leg.
5. Repeat for prescribed repetitions and then repeat with the other leg.

Hamstring stretch with toning bar**Exercise Description:**

Hamstring stretch with toning bar

Classification:

Flexibility (Hamstrings)

Instructions:

1. Start by sitting on the floor with your legs out in front of you.
2. Take a toning bar and place it on the bottom of your foot and hange onto the bar.
3. Your legs will probably be slightly bent. Proceed to straighten your legs until a comfortable stretch is felt.
4. Hold for the prescribed number of repetitions.

Single leg hamstring stretch



Exercise Description:

Single leg hamstring stretch

Classification:

Flexibility (Hamstrings)

Instructions:

1. Sit on the ground and extend one leg out in front of you and bend your other leg so that your foot is against the inside of the other thigh.
2. Holding the bar on your shoulders lean forward until a comfortable stretch is felt in your hamstring.
3. Hold for the prescribed time and then repeat with the other leg.

Hamstring stretch with tubing



Exercise Description:

Hamstring stretch with tubing

Classification:

Flexibility (Hamstrings)

Instructions:

1. Lie on your back and place the tubing around the bottom of one of your feet.
2. Pull the tubing and raise your leg at the same time until a comfortable stretch is felt. Return to the starting position and repeat.
3. Perform the same movement with the other leg.

Hamstring stretch with fitband



Exercise Description:

Hamstring stretch with fitband

Classification:

Flexibility (Hamstrings)

Instructions:

1. Lie on your back and place the fit band around the bottom of your foot.
2. Raise your leg keeping it straight by pulling on the band bring your leg up towards the ceiling.
3. Pull until you feel a comfortable stretch and hold for the prescribed length of time.
4. Repeat with the other leg.

Hamstring Stretch



Exercise Description:

Hamstring Stretch

Classification:

Flexibility (Hamstrings)

Instructions:

1. Sit in a chair or bench and straighten one leg out.
2. Keeping your back flat bend forward and reach for your toe.
3. Hold once you feel a comfortable stretch for prescribed time.
4. Repeat with the other leg.

Supine Hamstring Stretch

**Exercise Description:**

Supine Hamstring Stretch

Classification:

Flexibility (Hamstrings)

Instructions:

1. Lie on back and place rope or towel over the foot. Other leg should remain flat on floor at all times.
2. Slowly straighten knee until stretch is felt in back of thigh.
3. Hold for 20-30 seconds. Repeat as prescribed.
4. Remember to keep the low back straight to isolate stretch in hamstring.

Double Leg Straddle**Exercise Description:**

Double Leg Straddle

Classification:

Flexibility (Hamstrings)

Instructions:

1. Sit with the upper body upright and your legs spread as far apart as possible.
2. Lean forward and reach out to grab your feet.
3. Hold for prescribed time and then repeat.

Single Leg Straddle



Exercise Description:

Single Leg Straddle

Classification:

Flexibility (Hamstrings)

Instructions:

1. Sit with the upper body upright and your legs spread as far apart as possible.
2. Lean to the side towards one leg and reach out to grab your foot.
3. Hold for prescribed time and then repeat to the other side.

Seated Toe Touch



Exercise Description:

Seated Toe Touch

Classification:

Flexibility (Hamstrings)

Instructions:

1. Sit with your upper body upright and your legs straight out in front of you.
2. Lean forward from the waist and grab your feet.
3. Hold for prescribed time and then repeat.

Seated Hurdlers Stretch



Exercise Description:

Seated Hurdler's Stretch

Classification:

Flexibility (Hamstrings)

Instructions:

1. Sit in upright position. Bend knee of one leg so your foot is behind you.
2. Bending from the hips and leading with the chest, reach down until a stretch is felt in back of thigh.
3. Hold for the prescribed time and then repeat with the other leg.
4. Remember to keep the low back straight to isolate stretch in hamstring.

Single Leg Hamstring Stretch



Exercise Description:

Single Leg Hamstring Stretch

Classification:

Flexibility (Hamstrings)

Instructions:

1. Sit in upright position. Tuck foot near groin with opposite leg straight.
2. Bending from the hips and leading with the chest, reach down until a stretch is felt in back of thigh.
3. Hold for the prescribed time and then repeat with the other leg.
4. Remember to keep the low back straight to isolate stretch in hamstring.

Standing Straddle Low Back/Hamstrings

**Exercise Description:**

Standing Straddle Low Back/Hamstrings

Classification:

Flexibility (Hamstrings)

Instructions:

1. Start by standing with your feet spread as far apart as possible.
2. Lean forward and try placing your hands on the ground below or until a comfortable stretch in your low back and hamstrings.
3. Hold for the prescribed time and then repeat.

Single Leg Standing Straddle**Exercise Description:**

Single Leg Standing Straddle

Classification:

Flexibility (Hamstrings)

Instructions:

1. Start by standing with your feet spread as far apart as possible.
2. Lean forward toward one leg and try to reach your foot or until a comfortable stretch is felt in your low back and hamstring.
3. Hold for the prescribed time and then repeat with the other leg.

Lateral Bend Straddle



Exercise Description:

Lateral Bend Straddle

Classification:

Flexibility (Hamstrings)

Instructions:

1. Start by placing your feet as far apart as possible and your hands overhead.
2. Lean to a side and try to reach ankle with your hand.
3. Remember to keep your body parallel and do not lean forward or backwards.
4. Hold for the prescribed time and repeat to the other side.

Gentle Sun Salutation



Exercise Description:

Gentle Sun Salutation

Classification:

Flexibility (Hamstrings)

Instructions:

1. Stand up with toes together, heels apart. Inhale and sweep the arms up overhead. Exhale and fall forward, bend knees if you need to.
2. Place the hands on the floor, your ankles or shins. Inhale and look up, pulling your back up until it is flat. 3. Exhale and fall forward. Inhale and sweep the arms up as you come back to standing position. Exhale and take the arms down.
4. Repeat this series 4 times.

