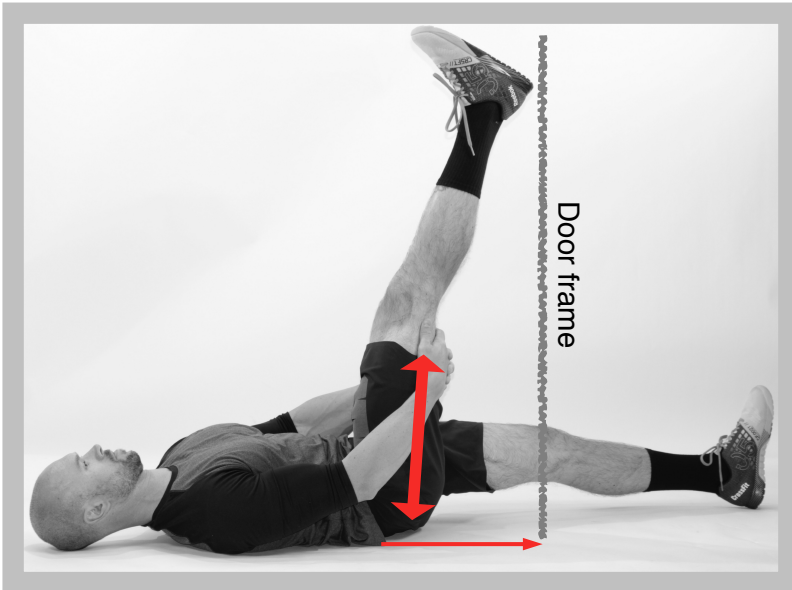


POSTERIOR THIGH (HAMSTRING EMPHASIS)



OPTION 1



OPTION 2

INSTRUCTIONS

Option 1 : Laying on your back in a door way and keeping the knee of the stretching leg straight, rest the stretching leg on the door frame while the opposite leg remains flat on the floor extending through the doorway. To increase the stretch, slide your body closer to the door way, keeping both legs straight. The stretch should be felt throughout the backside of the thigh. Allow the foot to relax in a slightly pointed position.

Option 2 : Laying on your back, keep the knee of the stretching leg straight and the opposite leg flat on the floor. Use a strap or towel around the elevated foot and with your hands, pull the stretching leg towards your head to facilitate a stretch. The stretch should be felt throughout the backside of the thigh.



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Hold Stretch: 30 seconds

Repeat: 4 - 6 times

Frequency: daily / ____x/wk