



Notes:

1- Hamstrings stretch



Lie on the floor in a doorway or close to a corner of a wall.
Place one leg up against the wall, the other is straight on the floor and your buttock is as close as possible to the door frame or wall.
Extend the elevated leg and pull your toe down as much as possible until you feel a stretch behind your thigh.
Hold the stretch for the recommended time.

2- Hamstring stretch with strap



Lie on your back, place a long strap across your forefoot and hold one end of it in each hand.
Lift your leg straight up, keeping your knee straight, and pulling gently on the strap with your hands until you feel a gentle stretch.
Maintain the position and relax.



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beginner hamstring stretch

3- Seated hamstrings stretch



Sit on the edge of a sturdy chair with one leg straight out in front of you and the other knee bent.
Stick your hips back while keeping your back straight, as you bend forward to feel a stretch behind your straight leg.
Hold the position for the recommended time.