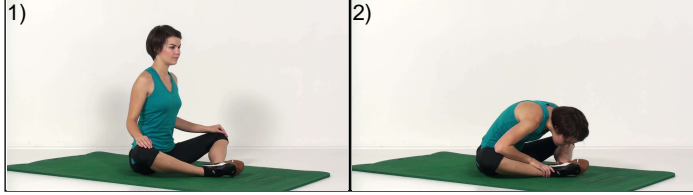


Stretch groin sit



- Sit with knees bent, soles of feet together.
- Slowly let your knees drop to floor.
- Grasp ankles with hands and lean forward from the hips.

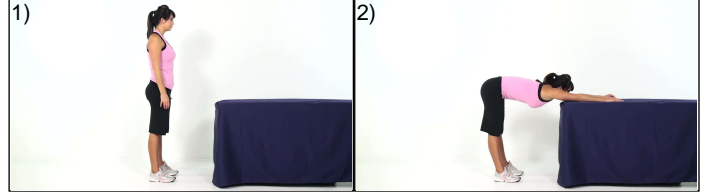
Special Instructions:

Try to keep elbows on inside of knees.

Perform 4 sets of 15 second(s), twice a day.

Hold exercise for 15 Seconds.

Stretch hamstring bil (stand 90)

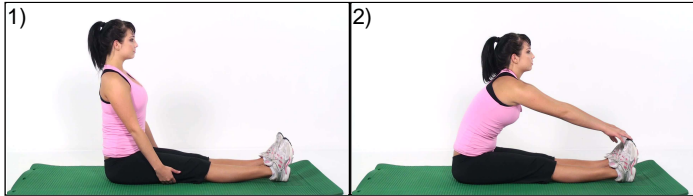


- Stand in front of table with feet shoulder distance apart.
- Place hands on table.
- Bend at hips and tighten the muscles in fronts of thighs, keeping the knees straight.
- Keep low back straight.

Perform 4 sets of 15 second(s), twice a day.

Hold exercise for 15 Seconds.

Stretch hamstring bil long sitting



- Sit on firm surface with legs straight out in front.
- Slowly bend forward at hips, reaching for toes.

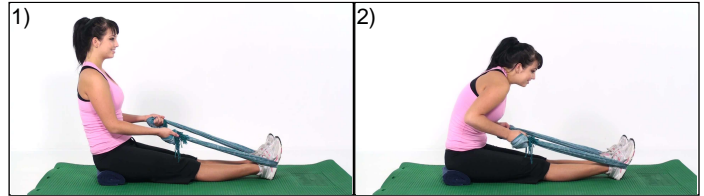
Special Instructions:

Do not allow knees to bend.

Perform 4 sets of 15 second(s), twice a day.

Hold exercise for 15 Seconds.

Stretch hamstring bil long sitting w/towel



- Sit on firm surface with towel roll under buttocks with legs straight out in front.
- Loop towel or belt around balls of feet.
- Keep low back with proper curve.
- Slowly pull forward at hips, towards toes until a stretch is felt.

Special Instructions:

Keep knees straight. Tighten fronts of thighs as you stretch.

Perform 4 sets of 15 second(s), twice a day.

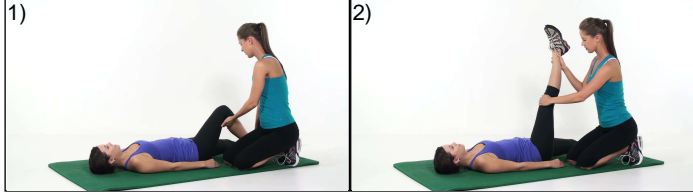
Use Towel.

Hold exercise for 15 Seconds.

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Stretch hamstring supine w/person



- Place subject on back.
- Hold leg behind heel and in front of knee.
- Slowly lift leg up and stretch muscles on back of leg.
- Repeat stretches with other leg.

Special Instructions:

When stretching past 90 degrees it may help to rest heel on your shoulder.

Perform 4 sets of 15 second(s), twice a day.

Use Pulley.

Hold exercise for 15 Seconds.

Stretch hamstring supine wall

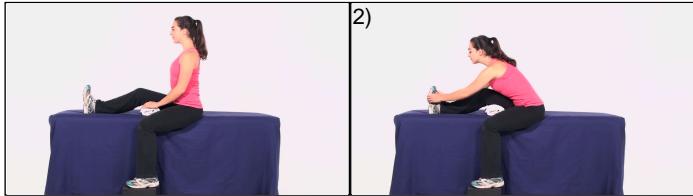


- Lie on back, leg elevated and positioned at doorway as shown.
- Buttocks should be about 5 inches from wall, low back flat on floor.
- Gently slide buttocks toward wall, keeping knee straight, until stretch is felt.
- Relax and repeat.

Perform 4 sets of 15 second(s), twice a day.

Hold exercise for 15 Seconds.

Stretch hamstring uni longsit w/towel roll



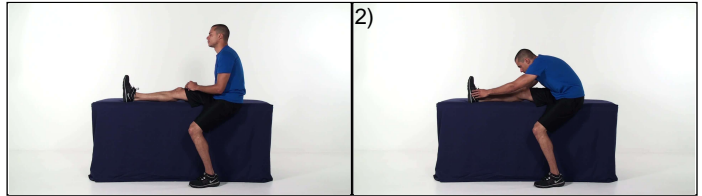
- Sit on firm couch, one leg extended, other leg on floor.
- Place a small pillow or towel roll under knee.
- While keeping back arched, gently lean forward.
- Hold, relax, and repeat.

Perform 4 sets of 15 second(s), twice a day.

Use Towel.

Hold exercise for 15 Seconds.

Stretch hamstring uni longsit



- Sit on firm surface with one leg out in front.
- Slowly lean forward, trying to touch toes.

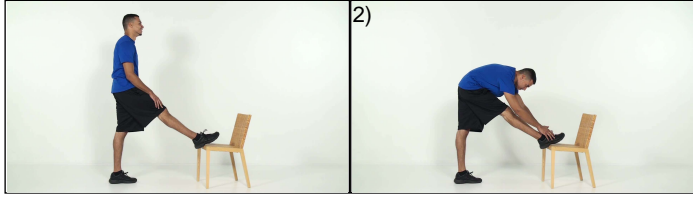
Perform 4 sets of 15 second(s), twice a day.

Hold exercise for 15 Seconds.

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Stretch hamstring uni stand



- Stand with heel propped on low table, knee straight, as shown.
- Gently and slowly lean forward at waist.
- Repeat with other leg.

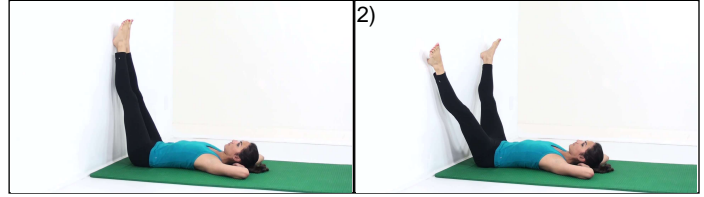
Special Instructions:

Keep the knee straight.

Perform 4 sets of 15 second(s), twice a day.

Hold exercise for 15 Seconds.

Stretch hamstring/adductor supine wall

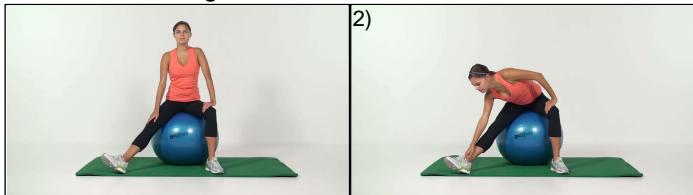


- Lie on back, legs elevated and positioned on wall as shown.
- Buttocks should be about 5 inches from wall, low back flat on floor.
- Slowly separate legs until a gentle stretch is attained.

Perform 4 sets of 15 second(s), twice a day.

Hold exercise for 15 Seconds.

Stretch hamstring/adductor uni sit w/ball 1



- Sit on ball with thighs apart, one leg extended as shown.
- Place hand on thigh of extended leg.
- Slowly lean forward and slide hand toward ankle as far as possible.
- Repeat on the other side.

Special Instructions:

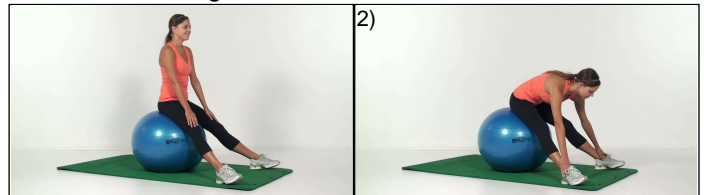
Keep the knee straight on the side that you are leaning toward.
Maintain neutral spine.

Perform 4 sets of 15 second(s), twice a day.

Use Ball.

Hold exercise for 15 Seconds.

Stretch hamstring/adductors bil sit w/ball



- Sit on ball with thighs apart, feet in front.
- Place hands on thighs.
- Slowly lean forward and slide hands toward ankles as far as possible.
- Repeat.

Special Instructions:

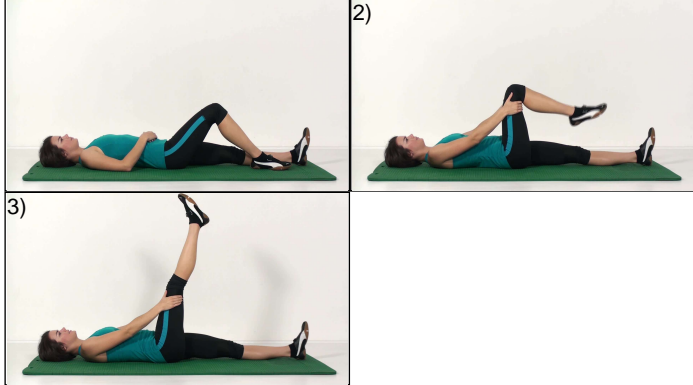
Keep low back straight.

Perform 4 sets of 15 second(s), twice a day.

Use Ball.

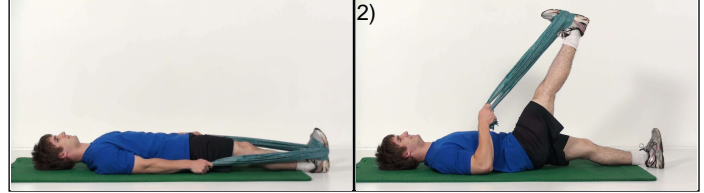
Hold exercise for 15 Seconds.

Stretch hamstrings supine active



- Lie on back holding knee from behind, pulled toward chest, as shown.
 - Gently straighten leg.
 - Repeat with other leg.
- Perform 4 sets of 15 second(s), twice a day.
- Hold exercise for 15 Seconds.

Stretch hamstrings supine w/towel

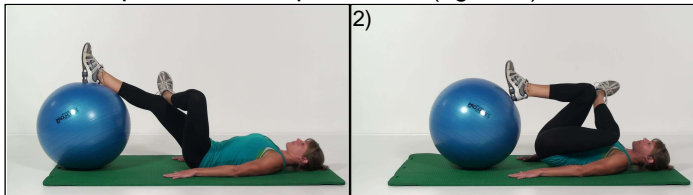


- Lie on back holding a towel looped under foot with knee straight, as shown.
- Gently pull leg up.
- Repeat with other leg.

Special Instructions:

- Maintain a straight knee.
- Perform 4 sets of 15 second(s), twice a day.
- Use Towel.
Hold exercise for 15 Seconds.

Stretch hip extensors supine w/ball (figure 4)



- Lie on back with calf resting on ball.
 - Place ankle over knee as shown.
 - Slowly bend knee toward chest.
 - Return to start position and repeat with other leg.
- Perform 4 sets of 15 second(s), twice a day.
- Use Ball.
Hold exercise for 15 Seconds.

Stretch knee ext prone



- Lie face down, towel roll under thigh as shown.
 - Relax leg and allow gravity to straighten leg.
- Perform 4 sets of 15 second(s), twice a day.
- Hold exercise for 15 Seconds.

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