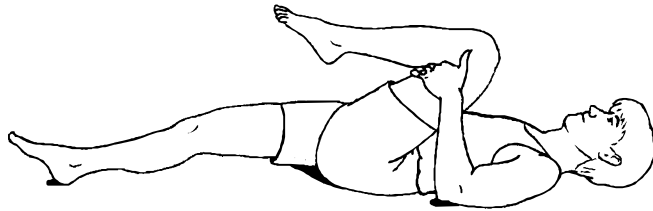




Routine For:  
Created By: James Pamplin, DC

02-24-2012  
Hamstring Stretches

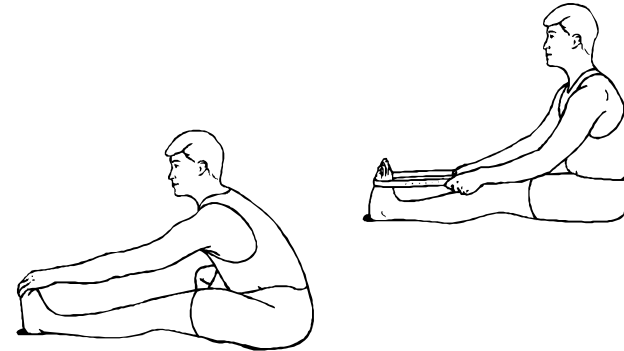
HAMSTRINGS - 1 Knee to Chest



Gently pull knee to chest until stretch is felt. Hold 20 seconds. Repeat with other knee.

Repeat 3 times. Do 3 sessions per day.

HAMSTRINGS - 2 Pull Back Toes, Single Leg

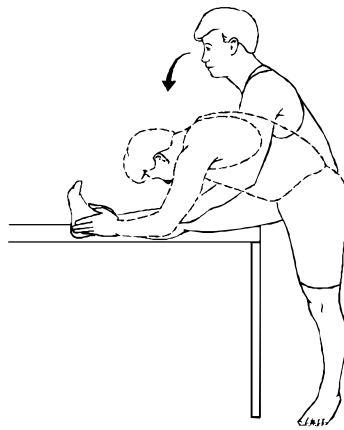


With towel or belt around foot, pull toes toward knee until stretch is felt. Hold 20 seconds. If you are more flexible, use hand to pull toes. Repeat with other leg.

Repeat 3 times. Do 3 sessions per day.

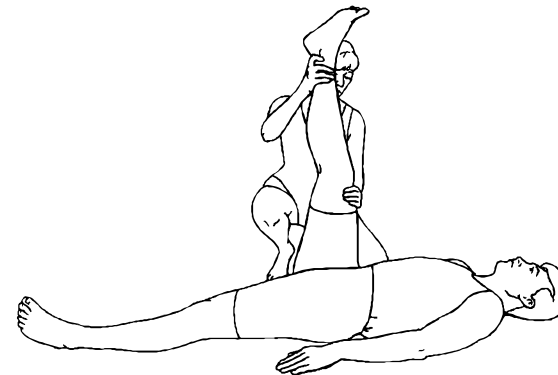
HAMSTRINGS - 8 Forward Bend, Elevated

With foot on chair or stool, lean forward until stretch is felt. Hold 20 seconds. For more stretch, place foot on higher plane.



Repeat 3 times.  
Do 3 sessions per day.

HAMSTRINGS - 10 Leg Raise With Partner



Keeping the leg straight, have partner slowly raise leg until stretch is felt. Hold 20 seconds. Repeat with other leg.

Repeat 3 times. Do 3 sessions per day.