

Hamstring Stretch – 3-way

NOTE: You should never feel discomfort. Keep the maximum amount of stretch at a light-medium intensity

Option 1: Foot on step



Stand facing a step, both feet facing forward and not turned out. Rest right heel on the step with a slight bend in both knees. Keep spine lengthened (not rounding), slowly hinge forward at the hips (feel your pelvis rolling forward) until you feel a light stretch. Wait at the light stretch until you feel the intensity lessen. Once it lessens then slowly hinge more until you again feel a light stretch. Repeat this process for 2-3 minutes on each side.

Option 2: Seated on bed



Sit on the edge of the bed with your left ankle hanging off the bed. Use a step stool as needed to support the right leg. Left foot/leg should not roll outward, keep it neutral and engaged. Keep spine lengthened (not rounding), slowly hinge forward at the hips (feel your pelvis rolling forward) until you feel a light stretch. Wait at the light stretch until you feel the intensity lessen. Once it lessens then slowly hinge more until you again feel a light stretch. Repeat this process for 2-3 minutes on each side.

Option 3: Lying on back using strap



Lie on your back with both legs straight. Bend the right knee and secure your strap around the bottom of that foot. Rest your leg back down. Slowly, using your arms, pull the right leg up, with the knee straight, until you feel a light stretch along the back of the leg. Stop and wait until you feel the intensity lessen. Once it lessens then slowly pull the leg up further until you again feel a light stretch. Repeat this process for 2-3 minutes on each side.

Note: Don't allow the foot or leg to rotate outward. Bring the leg straight up. Also, don't allow the left hip to lift off of the floor and keep that leg engaged and connected.