

Lying Hamstring Stretch:

Exercise Purpose:

To stretch your hamstring muscles



For full video instructions for this exercise please visit: <http://ptpete.co.nz/?p=816>

Key Points:

- The right hamstring muscle group is being stretched in the picture
- Lie on your back with your knees straight
- Bend your right hip and knee and hold your right thigh with your hands
- Relax your shoulders
- Slowly straighten your knee until you feel a stretch on the back of your thigh/hamstrings
- Keep your toes/ankle pointed towards the ceiling. This will decrease the amount of pressure on the nerve in your leg. This is especially important if you are suffering from back pain