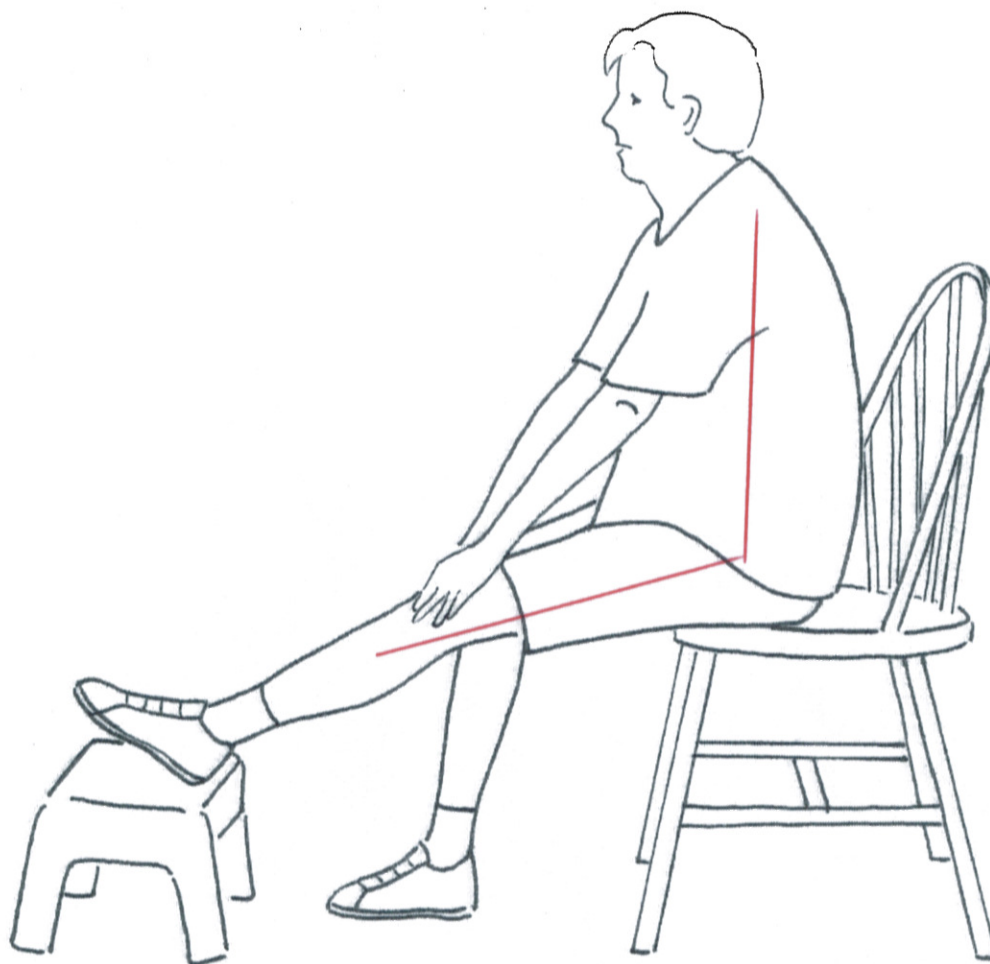


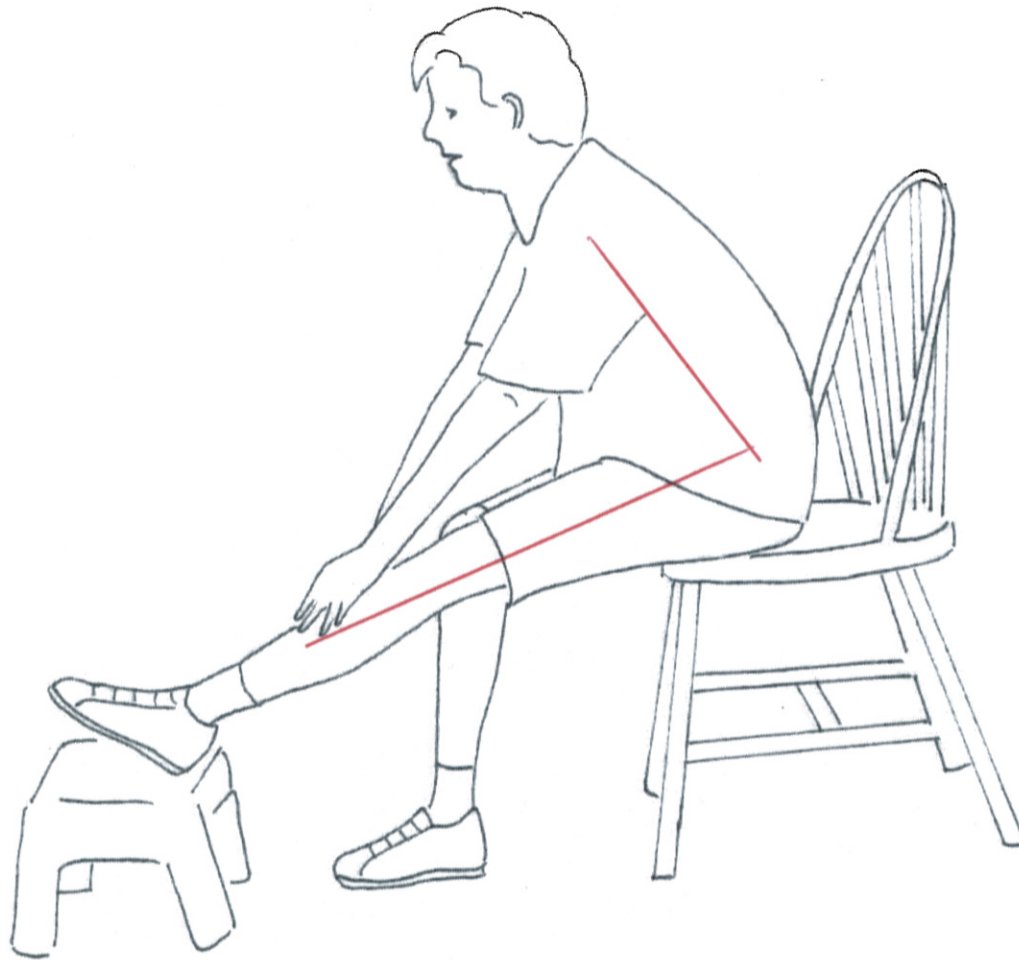
## Hamstring Stretch- Back of Thigh



**Instructions: Find a low foot stool and place it in front of an unpadded chair. Slide your bottom close to the seat edge and place one heel onto the stool. Point your toes down. Straighten your knee and place both hands on top of that knee. Think of your hips as being the only moving part of your body. Hinge forward, sliding the hands down the leg. You will start to feel tension in the back of the thigh. Do not allow the knee to bend. Do not flex your spine. If the knee starts to bend, that is your signal to stop progressing forwards. See Hamstring #2 .**

\*Valley Seniors Fitness Network-(902)-538-8616 Photocopy as you wish. Illustrator- Diane Baldwin

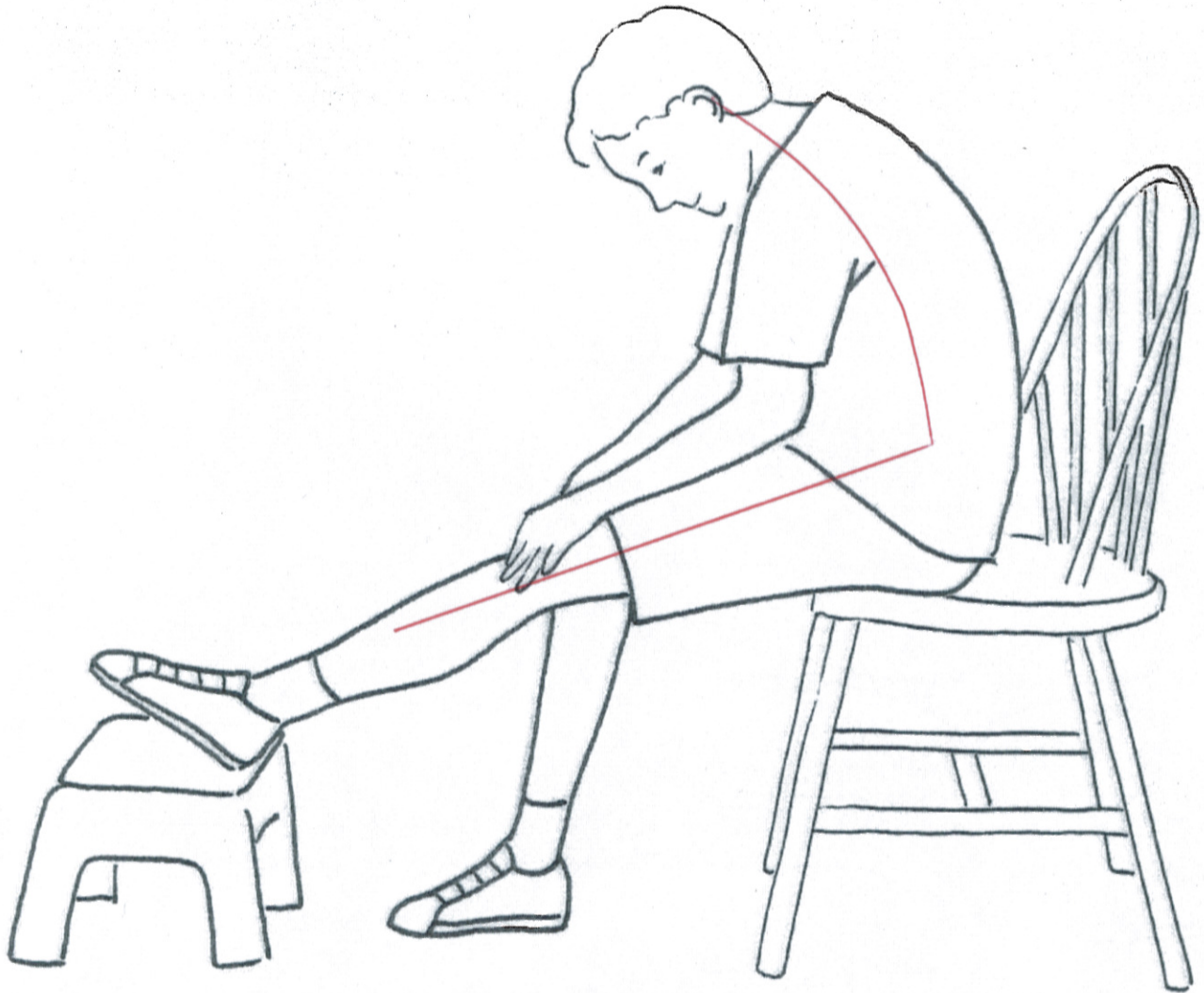
## Hamstring Stretch #2



**Instructions:** Next, focus your eyes straight ahead without bending your spine. Place both hands on your knee and slide the hands down the leg, allowing only the hip joint to bend. Very soon you will feel tightness in the Hamstring muscles at the back of your thigh. Do not allow the knee to bend in response. Stop and hold the stretch for one minute. Do not allow your head to drop- keep looking ahead. \* If this stretch causes sharp pain to streak down the back of the leg or into the heel, stop and seek guidance. There is an alternative stretch.



## Do Not Bend Spine during a Hamstring Stretch



**Instructions: Please review Hamstring Stretch #2. This diagram shows a stretch that is NOT effective.**

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