

STEP 1



STEP 2



### Supine Hamstring Stretch

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

**Setup**

- Begin lying on your back with one leg straight and the other leg bent.

**Movement**

- Bring your knee toward your chest and grab the back of your thigh with both hands. Slowly straighten your knee until you feel a stretch in the back of your thigh and hold.

**Tip**

- Make sure to keep your back flat on the floor during the stretch.

STEP 1



STEP 2



### Seated Hamstring Stretch

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

**Setup**

- Begin sitting upright in a chair with one leg straight in front of your body with your heels resting on the ground.

**Movement**

- Bend your trunk forward, hinging at your hips until you feel a stretch in the back of your leg and hold.

**Tip**

- Make sure to keep your knee straight during the stretch and do not let your back arch or slump.

STEP 1



STEP 2



### Supine Active Hamstring Stretch

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

**Setup**

- Begin by lying on your back with your knees bent and feet resting on the floor.

**Movement**

- Lift one leg to a 90 degree angle, grabbing it with both hands on your thigh, then slowly straighten your knee as far as possible. Bring it back down to 90 then repeat.

**Tip**

- Make sure not to arch your low back during the exercise.

STEP 1



STEP 2



### Standing Hamstring Stretch

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

**Setup**

- Begin standing with your feet shoulder width apart.

**Movement**

- Exhale and bend forward, lowering your hands toward the floor, bending at your hips and keeping your knees slightly bent. You should feel a stretch in the back of your upper legs.

**Tip**

- Make sure to keep your back relaxed and do not move through pain.

STEP 1



STEP 2



### Standing Hamstring Stretch on Chair

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

**Setup**

- Begin in a standing upright position with a chair or step in front of your body.

**Movement**

- Lift one leg to rest your heel on the chair with a very slight bend in your knee. Bending at your hips, lean your trunk forward until you feel a stretch in the back of your upper leg and hold.

**Tip**

- Make sure to keep your back straight during the stretch.

STEP 1



STEP 2



### Long Sitting Hamstring Stretch

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

**Setup**

- Begin sitting with both legs laying straight in front of you.

**Movement**

- Bend forward at your hips until you feel a stretch in the back of your thighs and hold.

**Tip**

- Make sure not to round your back during the stretch.

STEP 1



STEP 2



### Standing Quadriceps Stretch

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

**Setup**

- Begin in a standing upright position.

**Movement**

- Bend one knee upward and grasp your foot, pulling it toward your body and pushing your hips forward until you feel a stretch in the front of your thigh and hold.

**Tip**

- Make sure to keep your back straight and maintain your balance during the stretch.

STEP 1



STEP 2



### Sidelying Quadriceps Stretch

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

**Setup**

- Begin lying on your side with your legs straight.

**Movement**

- Bend your upper leg, and grab hold of your foot to pull it toward your buttocks until you feel a stretch in the front of your thigh and hold.

**Tip**

- Make sure not to let your hips tilt forward or backward.

STEP 1



STEP 2



### Prone Quadriceps Stretch

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

**Setup**

- Begin lying on your front.

**Movement**

- Bend one leg toward your body, grasp it with your hand, and pull it further until you feel a stretch in the front of your thigh and hold.

**Tip**

- Make sure to continue breathing evenly during the stretch. Do not arch your low back.

STEP 1



STEP 2



### Standing Quad Stretch with Rotation

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

**Setup**

- Begin in a standing upright position in front of a table, with one leg bent, your foot resting on the table, and your knee pointing toward the floor.

**Movement**

- Gently push your hips forward then rotate your trunk toward your standing leg, until you feel a stretch in the front of your thigh and hold.

**Tip**

- Make sure that your knee stays pointing toward the floor, keep your hips level, and do not arch your back during the stretch.

STEP 1



STEP 2



### Prone Quadriceps Stretch with Strap

REPS: 10 | SETS: 3 | HOLD: 5 | WEEKLY: 3x | DAILY: 1x

**Setup**

- Lie on your stomach on a comfortable surface with a strap or belt secured around your foot.

**Movement**

- Pull the end of the strap over your shoulder on the same side of your body, bending your knee, and hold when you feel a stretch in your knee.

**Tip**

- Do not allow your low back to overarch during the stretch.