**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.

**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.

**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.

**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.

**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.

**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.

---

**Disclaimer:** This program provides exercises related to your condition that you can perform at home. As there is a risk of injury with any activity, use caution when performing exercises. If you experience any pain or discomfort, discontinue the exercises and contact your health care provider.

Prepared by Ryan Knight

Access your exercises online!
Visit URL: drayerpt.medbridgego.com
Enter Access Code: 93QRW2JP

Page 1 of 2

08/15/2016
**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.

---

**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.

---

**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.

---

**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.

---

**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.

---

**Disclaimer:** This program provides exercises related to your condition that you can perform at home. As there is a risk of injury with any activity, use caution when performing exercises. If you experience any pain or discomfort, discontinue the exercises and contact your health care provider.