

MARIN PHYSICAL THERAPY

Hamstring Stretching

Hold ____ seconds. Repeat ____ times



1. Start with knee flexed. Clasp both hands behind knee. Extend knee.



2. Start with knee flexed. Extend knee. Maintain slight bend in knee.



3. Maintain slight bend in knee.



4. Maintain slight bend in knee. Maintain erect posture. Lean forward from hips.