

# HAMSTRING STRETCHING

The data tells us that one of the best ways to reduce the risk of hamstring injury is to maintain flexibility in the muscles around the lower back, gluteals and upper leg (hamstrings and quadriceps). These exercises are designed to help you achieve this goal.

## SUPINE LUMBAR TWIST STRETCH

Lying flat on your back, cross one leg over the other by twisting your hips and spine. Keep your opposite arm outstretched. You can hold on to your knee to make the stretch stronger if you feel comfortable.

**Repeat 3 times**

**Hold for 20 seconds**



**Video:**

<http://youtu.be/BzYBkAvdCJY>



## DOUBLE LEG BACK STRETCH

Lie flat on your back, and bend your knees towards your chest. Hold this position and feel a gentle stretch in your back. If you get any groin pain while doing this exercise, stop and inform your therapist. Relax, and repeat as necessary.

**Repeat 3 times**

**Hold for 20 seconds**



**Video:**

<http://youtu.be/ZEz80zykUv4>



## LUMBAR AND THORACIC SIDE FLEXION SITTING

Sitting with good upright posture, run your arm down the side of the chair leg by side-bending your spine. Repeat to the other side. This is a good mobility exercise for the upper and lower back while sat down, if you feel your back is starting to get stiff.

**Repeat 3 times**

**Hold for 20 seconds**

**Perform both sides**



**Video:**

<http://youtu.be/Rze6cxJpOQ>



## GLUTE STRETCH SUPINE 3

Lie on your back, and bend your knee to 90 degrees (i.e. pointing straight up). Place your ankle across your opposite knee and pull your knee towards your chest to feel a stretch in your bottom. You can also use a towel to assist you.

**Repeat 3 times**

**Perform both sides**



**Video:**

<http://youtu.be/zpaExOK4S8M>



## EXTERNAL ROTATION TABLE GLUTE STRETCH

This is an alternate to lying on the floor. Place your foot on a table, with your leg turned inwards. Lean forwards slightly to feel a stretch in your buttock. Hold the stretch.

**Repeat 3 times**

**Hold for 20 seconds**

**Perform both sides**



**Video:**

[http://youtu.be/Nh3gioc\\_x4I](http://youtu.be/Nh3gioc_x4I)



## FOAM ROLLER HAMSTRING STRETCH

Sit down placing a foam roller under your Hamstrings (back of the legs). Your feet should be off the ground, and you can balance using your arms. Roll the roller up and down your Hamstrings to create a stretch. You can cross your legs to emphasise the stretch on one side.



**SETS**

**REPS**

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