

HIP and KNEE - 39 Stretching  
Standing Hamstring Stretch



Place foot on stool. Slowly lean forward reaching down shin until a stretch is felt in back of thigh.  
Hold \_\_\_\_\_ seconds. Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.

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HIP and KNEE - 40 Stretching: Seated Hamstring Stretch



Tuck foot near groin with opposite leg straight. Reach down until a stretch is felt in back of thigh.  
Hold \_\_\_\_\_ seconds. Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.

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← Often instruct patient to keep opposite leg down so that foot is flat on the floor.