

Hamstring Stretch:

- 1) Sit on the edge of a chair with your feet flat on the floor
- 2) Keeping your *right* foot flat on the floor, stretch out your **left** leg into a straight line and begin to slide your hands down your leg towards your foot; Hold this stretch for 30 seconds
- 3) Keeping your *left* foot flat on the floor, stretch out your **right** leg into a straight line and begin to slide your hands down your leg towards your foot; Hold this stretch for 30 seconds
- 4) Repeat the hamstring stretch three times a day; morning, afternoon, and evening for best results

If you have any questions about things you might be feeling, give us a call at:

336-509-4963

