
Seated Hamstring Stretch

Your physical therapist may suggest this flexibility exercise. Stop the exercise if it causes pain and talk about it with your physical therapist or healthcare provider. During the exercise, be sure not to bounce.

Here are the steps to the seated hamstring stretch:

- Sit with one leg extended and your back straight. Bend your other leg so that the sole of your foot rests against your mid-thigh.
- Reach toward your ankle. Keep your knee, neck, and back straight.
- Feel the stretch in the back of your thigh.
- Hold for 5 to 10 seconds. Repeat 2 to 3 times.
- For an additional technique: While in the stretched position, contract your hamstring driving leg down into the floor. Hold 5 seconds. Repeat 2 to 3 times.
- Repeat 2 to 3 times per day.



Note

For your safety, check with your healthcare provider before starting an exercise program.