

How to Do the Hamstring Stretch in a Doorway

This hamstring stretch uses the side of an open doorway to support your leg while you stretch the hamstring muscles that run down the back of your thigh.

Here's how to do the exercise.

To start, lie on your back through the doorway, next to the left doorjamb.

Position yourself so that you can put your left foot against that doorjamb.

Keep your right leg extended through the doorway.

Now slide your left foot up the doorjamb until your leg is straight.

You should feel a gentle stretch down the back of your leg.

If you don't, move a little closer to the doorjamb and try again.

Be careful not to bend your knees, point your toes, or arch your back.

Hold the stretch for at least 1 minute to begin. Then bring your leg back down.

Over time, work up to holding the stretch for six minutes.

Do this exercise 2 to 4 times with one leg, then move to the other side of the doorway to stretch the other leg.

Remember, if an exercise makes you feel worse, stop doing it.