

Hamstring Stretch

Starting position: sitting with your bum back against the wall and feet spread apart.

Action: Keep your toes up & hold for 15 seconds. Turn your toes out & hold for 15 seconds, then turn your toes in for 15 seconds. Repeat each stretch twice.



These sheets are for guidance only. Although carrying out the exercises on this sheet correctly may be beneficial to you, these sheets do not nor are they intended to replace a proper assessment from your Chartered Physiotherapist. It is advisable that you discuss how to carry out the exercises contained on this sheet with your Physiotherapist at your next session. Should you have any questions regarding the exercises contained on this sheet please feel free to discuss same with your Physiotherapist at your next treatment session. The management accepts no responsibility whatsoever for the content or accuracy of these sheets or any issues resulting from same.

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