

Upper Hamstring Stretch

Starting Position: Lying on your back with the right knee bent. Lift the left leg and grip around the back of the thigh with both hands.

Action: Gently try to straighten the left leg until you feel a stretch in the back of the thigh. Hold for 20 seconds. Repeat 4 times.



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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