

RIGHT HAMSTRING STRETCH

- Place a towel roll under your lower back. Tighten the muscles of your left leg to keep it straight and on the ground.
- Grasp the lower right thigh with both hands and bring it up until it is perpendicular to your body (straight up). Keep your elbows straight and straighten your leg until you feel a stretch behind your right thigh. Do not let go of your thigh!
- Hold for _____ seconds and repeat _____ times.
- Note: You should not feel lower back pain, calf, or knee pain with this exercise. If you do, try performing the exercise with your toes pointed toward the ceiling rather than pointed towards your head &/or pointed outwards. If this doesn't relieve your pain, ask your physical therapist to help you readjust the exercise.

