



HAMSTRING STRETCH AGAINST A DOOR FRAME

Purpose: To stretch the posterior thigh muscles.

Position: Lie flat on your back, place involved leg with heel up on doorframe. Keep knee as straight as possible. Back is in a neutral position.

Action: Place yourself close to the door so that you feel a moderate stretch to the back of the leg. It is important to relax and breathe normally.

Hold this position _____ seconds.

Build up to _____ minutes.

Repeat _____ times, _____ times a day.

Repeat this exercise with the other leg if advised by your therapist.