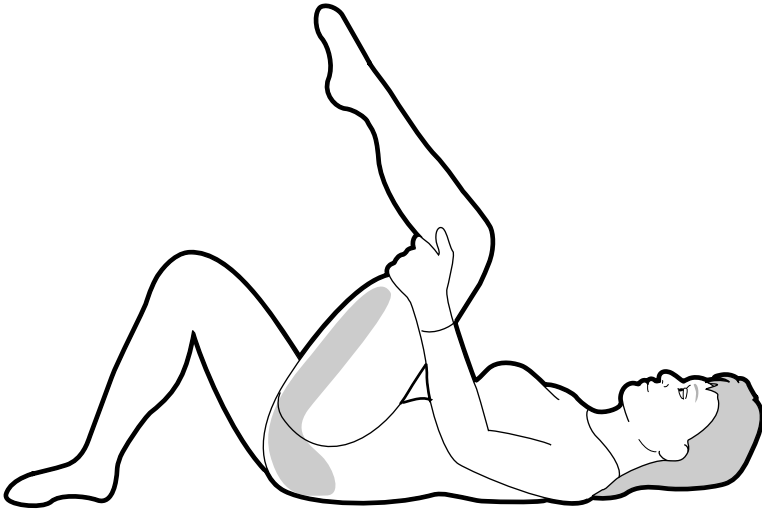




KAISER PERMANENTE

HOME EXERCISE PROGRAM SUPINE HAMSTRING STRETCH



Position: Lie on back with knees bent or with opposite leg straight.

Action: Bring left knee to your chest and place both hands behind the left thigh. Slowly straighten your leg. Hold for _____ seconds - then slowly lower leg down. Repeat 10 times. Repeat with other leg.

Repeat _____ times a day.

Physical Therapy Department