



# HAMSTRING STRETCHING



## Essential to Undo Too Much Sitting!

Program built by Dr. Jennifer Prewitt, PT, DPT, OCS

- 1. Sit on the Edge of Your Seat with One Leg Out Straight and the Heel Propped.** Try to avoid using a chair with wheels to prevent you from falling.
- 2. Keep Your Back STRAIGHT and Tilt Your Trunk Forward Until You Feel a GENTLE Stretch at Your Posterior Thigh.**
- 3. Recommendation.** All Stretches Should Be Performed 3 x 20-30" and Ideally Practiced 3-5x Per Day to achieve maximum benefit.

### Why is this Important?

#### Hamstring Stretching May Do the Following:

1. Decreases low back pain and improves posture in sitting.
2. Helps undo the tightness that builds from too much sitting.
3. Decreases low back pain with bending.
4. Improves bending mechanics that decreases risk of injury.
5. Increases ease of putting on pants, shoes, and socks.
6. Increases ease of getting your knee straight.
7. Decreases hamstring cramping.
8. Decreases likelihood of pulling or injuring a hamstring while participating in your recreational activities.