Supported hamstring stretch

STRETCHING & MOBILITY / HOME EXERCISE GUIDE

PURPOSE

Use a comfortable position to feel a mild stretch behind the thigh, without pulling on the foot.

YOU WILL NEED

A comfortable firm surface; a small pillow if needed.

BEFORE YOU BEGIN

Ask for a different option if you cannot lie comfortably or have a recent hamstring injury, hip replacement precautions or symptoms traveling down the leg.

PAUSE AND GET ADVICE

Stop for sharp pain, burning, tingling or symptoms traveling below the knee; ask your clinician to reassess the movement.

Do not continue if symptoms persist or become stronger after the stretch.

STEP BY STEP

1. Lie on your back with both knees bent and feet resting on the surface.
2. Lift the selected thigh and support it with your hands behind the thigh, away from the knee joint.
3. Slowly open the knee until you feel a mild stretch behind the thigh. Keep the ankle relaxed and the other foot supported.
4. Hold for your prescribed time without bouncing. Bend the knee and lower the leg slowly.

KEEP IN MIND

A partly bent knee is fine. Do not pull the thigh hard toward your chest or aim for a straight leg.

YOUR INDIVIDUALIZED PLAN

Your clinician should select this exercise and complete the plan before you begin. Use only the range and resistance demonstrated for you.

Repetitions: _____ Sets: _____

Hold (seconds): _____ Days per week: _____

Side: _____

Clinician / date: _____

Range or modification: _____

Review date: _____

SOURCES AND FURTHER READING

NHS - How to stretch after exercising