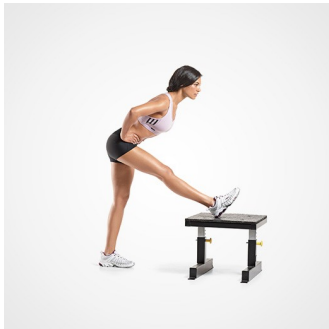


# Hamstring Mobility



## 9. Hamstring roll

- Place a foam roller on the floor and sit on the floor supporting yourself with your hands. Place the back of one thigh over the foam roller and the other leg on the floor for support.
- Roll the entire back of your thigh from the bottom of the buttock to your knee in an up and down motion.
- Maintain abs tight and proper low back posture during the exercise.



## 10. Hamstring stretch

- Stand upright and raise one leg on to a stable object, such as a step. Keep that leg straight and your toes pointing straight up.
- Lean forward while keeping your back straight as if you would during a stiff leg deadlift
- Rotate the knee inward or outward to feel the stretch in other sections of the hamstring



## 11. Squat to Stand

- Stand with your feet spread wide and angled out. With your knees flexed, bend at the waist and wrap your fingers under your big toes.
- Finish: Holding your toes, straighten your legs as much as you can without losing the natural arch in your spine.



## 12. Supine Hamstring Extensions

- Lying on back with both knees bent.
- hold back of one thigh with both hands; attempt to straighten knee until you feel a stretch in the back of thigh;.
- it is not necessary for the knee to be completely straight to effectively stretch. Repeat with opposite leg.