



HAMSTRING STRETCH



Fig-1

Hamstring stretch- In long sitting position, the person tries to touch his toes. This stretches the complete posterior aspect including the thoracolumbar fascia, the glute, the hamstring and the calf (if the person is able to pull the feet towards knee)

Hold/ rep



Fig-2

Hamstring stretch- isolated hamstring stretch can be done by placing the affected leg on a stool and trying to catch hold the feet.

Hold/ rep