



# Leg Exercises

## Hamstring Stretch (and Gluteals)

### LEGM17

#### Function

To lengthen and relax the group of muscles which run from the buttock region to the back of the knee and whose main function is to bend the knee.

#### Method

##### Starting Position:

Lie flat on back. Bend knee of affected side and clasp fingers of both hands around back of thigh of affected side. Draw thigh as close to chest as possible and hold in this position.

##### Action:

Slowly and in a controlled manner straighten the knee of affected side without allowing the thigh to move away from the chest. When a stretch at the back of the thigh is felt stop and hold this position. Hold this position for 30 seconds whilst breathing slowly and deeply. Return to starting position.

##### Notes:

It is possible to strengthen this stretch. Once the knee has been straightened and a stretch felt, slowly bend the foot of the affected side towards your face as far as is comfortable and hold this final position for 30 seconds whilst breathing slowly and deeply.

##### Alternative way:

From a standing position, place the heel of one foot on a chair (a cushion may be positioned between the heel and the chair for comfort) and slowly without arching your back lean towards that same leg. Make sure to look straight ahead. Do not allow your hips or torso to twist, hands may be placed on the thigh of the leg being stretched for support. Hold the stretch for 30 seconds and repeat on the other side.

STRETCHING OF:  
1. THE HAMSTRINGS  
(LEGM17)

