

**HAMSTRING STRETCHING EXERCISES**

**Sitting Hamstring Stretch**

- Sit on the floor with both legs straight
- Keep your back straight as you lean forwards through the hips
- Hold for between 10 and 30 seconds

**Variations**

- Have the legs at a 45 degree angle



**Standing Hamstring Stretch**

- Stand with one leg just in front of the other
- Bend the back knee and rest your weight on the bent knee
- Tilt the hips forwards as if sticking your bum in the air!
- Hold for between 10 and 30 seconds



**Related Injuries** - Hamstring strain, Hamstring tendinitis, Contusion

