

## **Sitting Hamstring Stretch**

Starting Position: Sitting in a stationary chair with hips, knees and ankles all at a 90 degree angle (feet flat on the floor).



1. Maintain curve in lower back.

Start to straighten one leg. MAINTAIN THE
CURVE IN THE LOW BACK. Stop when you
feel your back losing the curve.

Further engage the fascial barrier by
telescoping the extended leg, pulling the foot
back, extending through the ball of the foot and

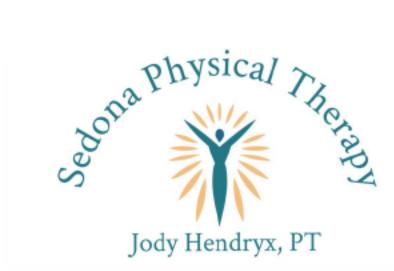
spreading the toes.



Raise arm toward ceiling (pull shoulder blade down). Feel the engagement of the fascial barrier between the arm and the extended leg.



2. (Optional) PLACE A SMALL TOWEL ROLL IN LOW BACK TO HELP MAINTAIN CURVETURE.



## **Sitting Hamstring Stretch:**

Tight hamstrings are a major contributor to lower back pain as well as neck and shoulder pain, due to their effects on the mobility of the spine and pelvis

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