

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



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

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.

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



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