

Personal exercise program



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Provided by Sammie Scott-Wells
Provided for

Do not force the stretch

Take the movement to the point of resistance

The range of movement shown in the picture may not represent your child's range of movement

A

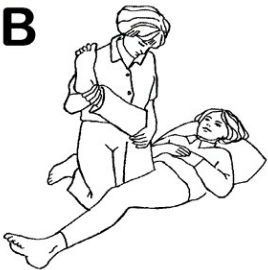


Position of hands for passive stretching of hamstrings.

Take the leg to be stretched so the hips and knees are at right angles.....in this position....(pic B)

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B



Position of hands for passive stretching of hamstrings.
One hand just above the knee and one hand supporting above the ankle.

Gradually straighten knee, keeping thigh still.

Hold _____ secs. Repeat _____ times.

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