



Frederick Holmes School
Frederick Holmes School
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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

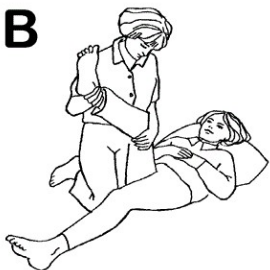


Position of hands for passive stretching of hamstrings.

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

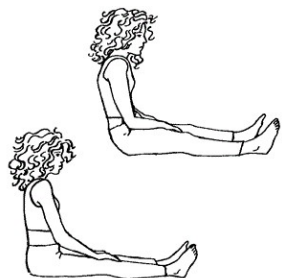


Position of hands for passive stretching of hamstrings.
One hand just above the knee and one hand supporting above the ankle.

Gradually straighten knee, keeping thigh still.

Hold _____ secs. Repeat _____ times.

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Sit on the floor with your legs out-stretched in front of you.

Tip your hips back so that your the base of your spine curves outwards.
Then sit up very straight tipping your hips forwards. Arch the base of your back. Keep your legs out straight and knees in contact with the floor.
You should feel a stretch at the back of your leg.

If your child has leg gaiters they can be worn in this position as shown by your physiotherapist.

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Toe touches. (Hamstring Stretch)



Sit with legs out straight and apart.
Sit up tall to ensure back is not rounded.
Sit up straight and keep knees flat to the floor (no bend).
Reach hand to opposite foot.
Hold _____ secs.
Repeat to R foot _____ times. L foot _____ times.
Do not do this if your low back hurts.