

## Personal exercise program



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### Seated hamstring stretch

Sit on a chair with one leg straight in front of you.

Place your hands on your thigh just above the knee cap. Lean forwards keeping your back straight. Straighten your knee assisting the stretch with your hands.

Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times.



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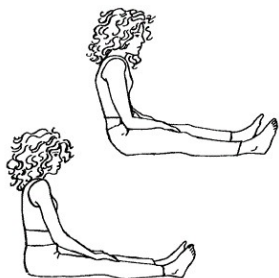
### Standing hamstring stretch

Stand with the leg to be stretched on a footstool/ bottom step. Hold onto something stable for support.

Flex your ankle and push the heel towards the footstool keeping your knee straight. Then bend your upper body forwards from your hips keeping your back straight. You should feel the stretching behind your knee and thigh.

Hold \_\_\_\_\_ times.

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 you can, without rounding your back, tip forwards a little way from the hips. Hold \_\_\_\_\_ secs.

Repeat \_\_\_\_\_ times.



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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.