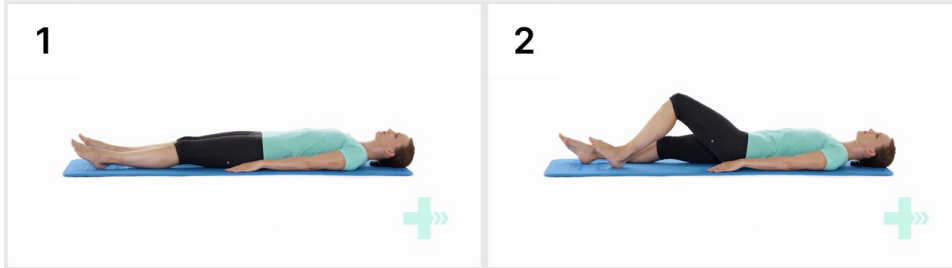


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## 1. "Hamstring set" Knee flexion strengthening, supine

2 Sets • 15 Reps • 10 sec duration



Lie on your back.

Bend your knee to an angle as instructed by your clinician.

Pull your toes towards you.

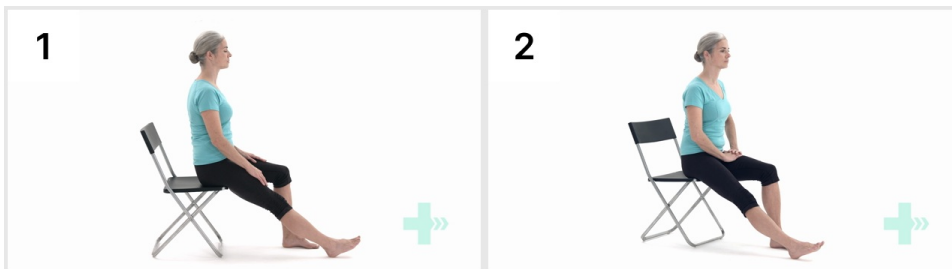
Gently push your heel into the floor.

Hold this position as instructed.

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## 2. Hamstring stretch, sitting

2 Sets • 3 Reps • 30 s hold



Sit in a chair.

Place your affected leg out in front of you.

Straighten your knee, keeping your foot on the floor.

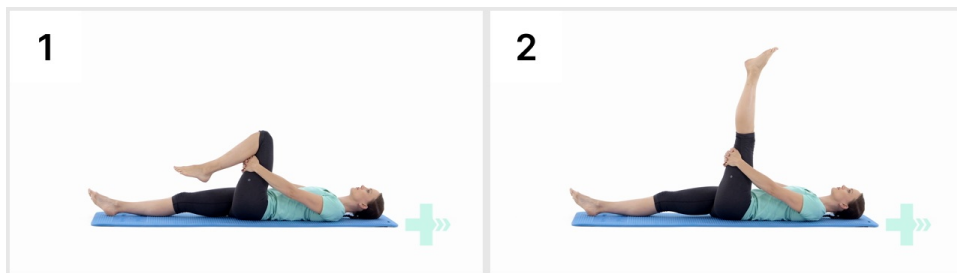
Keeping your back straight, lean forwards from your hips until you feel a stretch down the back of the thigh.

Hold and then relax.

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### 3. Hamstring stretch, straightening leg to ceiling, supine

2 Sets • 1 Rep • 30 s hold



Lie on your back with both of your legs straight.

Bend the leg that you would like to stretch and bring your knee in towards your chest.

Clasp your hands together behind your thigh.

Allow your thigh to rest in your hands with your arms straightened.

Keeping your upper body relaxed, slowly straighten your knee, bringing your foot up towards the ceiling.

Hold the position when you feel a stretch at the back of your thigh.

To ease off the stretch, bend your knee again.

Repeat.