



## Hamstring stretches

CJ  
Total Sports Therapy

01245 20357575

[www.totalsportstherapy.co.uk](http://www.totalsportstherapy.co.uk)

Twitter @tsportstherapy

Robjohns House,  
Unit 11, Navigation Road,  
Chelmsford,  
Essex,  
CM2 6ND



1. Take one step forward then bend the back knee, keeping the front knee straight. Lean forwards and tilt the hips until a stretch is felt in the back of the thigh, lift the toes for more stretch in the calf.
2. Stand with a slight bend in the knees and roll the torso down to reach for the toes, straighten the knees to gain more stretch.
3. Laying on the back with one knee bent, raise the other leg and hold onto the thigh or ankle (not the knee joint) to pull the

straight leg towards the body.

**Why stretch these?**  
Hamstrings are a multi-joint group of muscles that have an impact on the functional ability of the lumbar spine.

Tight hamstrings can lead to an increase of tension in the lower back and subsequent malalignment of the spine itself. They are also a large contributing factor to knee pain.