



HAMSTRING STRETCH WITH TOWEL

- Purpose:** To stretch the posterior thigh muscles.
- Position:** Lie flat on your back - low back in a neutral position. Bend other knee.
- Action:** Bring one knee to your chest. Place a towel around the foot and grab the ends with your hands. Slowly straighten that knee. Breathe normally.

Hold _____ seconds.

Repeat _____ times each leg.