Note: Stretching, when done correctly should not be painful. It is normal to feel a pulling sensation in the muscle, but pain is to be avoided. If you are doing a stretch and you feel pain, discontinue the stretch. If you have had any problems, or surgery, please contact your health care provider before you start a stretching or exercise program.

DO EACH STRETCH SLOWLY!!!

HOLD EACH STRETCH ABOUT 15 SECONDS unless otherwise stated.

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Hamstring Stretch
Place one leg forward with hands on forward leg thigh, bring toe up and stick buttocks out. Bend opposite leg. Repeat with other leg.

Note: Stretching, when done correctly should not be painful. It is normal to feel a pulling sensation in the muscle, but pain is to be avoided. If you are doing a stretch and you feel pain, discontinue the stretch. If you have had any problems, or surgery, please contact your health care provider before you start a stretching or exercise program.

Standing Back Bend
Stand up and put your hands on your hips. Gently bend backward and allow your hips to move forward. Hold for 5-10 seconds. Relax.

DO EACH STRETCH SLOWLY!!!
HOLD EACH STRETCH ABOUT 15 SECONDS unless otherwise noted.