

Seated Hamstring Stretch

by John C. Gifford, CBPM, NCTMB - Owner, Motionwise®

Model: Courtney Miller Photo by: Darlene Czech



If the hamstrings are too tight they can pull on the lower part of the pelvis and will consequently add to the pulling in the lower back.

In our culture of sitting for long periods of time without breaks, back problems that have a connection to tight hamstrings are quite prevalent.

go up stairs, arise from a chair, and stand upright. They attach at one end to the bottom of the pelvis and below the knee at the lower end (see picture at left).

The fact that they attach below the knee is very important to remember, because if you fail to keep the knee straight you will not attain the full benefit of the stretch. Many of the stretches available for the hamstrings require that you get on the floor. The move below is easier to work into your life because it can be performed from the seated position. Remember to breathe as you follow the instructions and that there is no race to bend farther down. Till next time,

The hamstring muscles are located at the back of the thigh and they are commonly used to help you

Seated Hamstring Stretch:



Figure 1

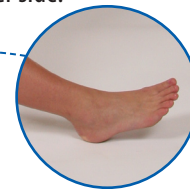
Sit upright in a chair with one leg straight, placing one hand on each thigh.



Figure 2

Slowly bend at the waist until you feel a gentle stretch.

Inhale, exhale and repeat on the other side.



Remember to keep the ankle relaxed during this stretch.



Repetitions: _____ X Per Day: _____ Notes: _____



John Gifford has performed over 30,000 sessions as an approved provider of a unique style of bodywork called Bonnie Prudden Myotherapy® & Exercise Therapy. His mission as a clinician, lecturer, consultant, and author is to empower people to lead more active, successful, and fulfilling lives through the reduction and prevention of their muscular pain and tension.



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