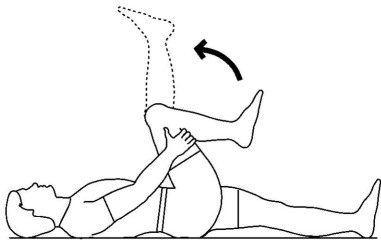


**Stretch hamstrings supine active**

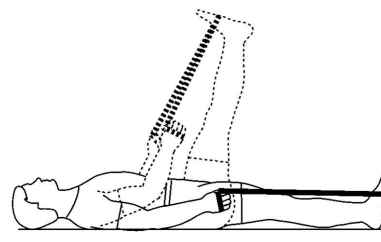


- Lie on back holding knee from behind, pulled toward chest, as shown.
- Gently straighten leg.
- Repeat with other leg.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

**Stretch hamstrings supine w/towel**



- Lie on back holding a towel looped under foot with knee straight, as shown.
- Gently pull leg up.
- Repeat with other leg.

**Special Instructions:**

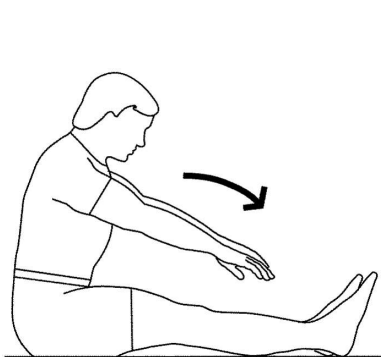
Maintain a straight knee.

Perform 1 set of 4 Repetitions, twice a day.

Use Towel.

Hold exercise for 20 Seconds.

**Stretch hamstring bil long sitting**



- Sit on firm surface with legs straight out in front.
- Slowly bend forward at hips, reaching for toes.

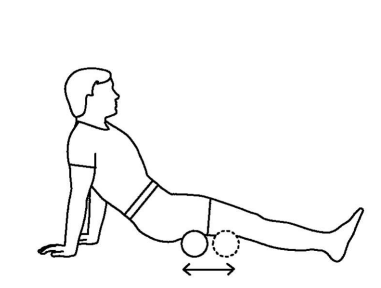
**Special Instructions:**

Do not allow knees to bend.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

**AROM hip/knee thigh massage w/roll**



- Begin sitting with thighs on top of roller.
- Lift body up with arms and roll back of legs up and down the roll.

**Special Instructions:**

Move from hips to back of knees.

Perform 3 sets of 20 Repetitions, once a day.

Use Foam Roll.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.