

## Hamstrings stretch (2)



Sit on the edge of a stable chair.

Straighten one leg in front of you and relax the foot (fig A).

Sit up tall and bend forward at the hip until you feel a stretch at the back of the thigh (Fig B).

Hold the stretch as directed by your physiotherapist. Relax and repeat as directed by your physiotherapist.

For a video demonstration of this exercise please press 'Ctrl' and click [HERE](#)

Alternatively, if you have a hand held device such as a smart phone or tablet, download a free 'QR code reader' app from your app store and scan below.



NB Viewing this video may use some of your mobile data allowance. We recommend waiting until you have a wifi connection.