

# Secondary Function Hamstrings



Fig A.



Fig B.



Fig C.

Stand with support in front of you (Fig A), safely place a loop of resistance band around your ankles (Fig B).



Keeping upright posture, bend the knee of the affected side to create tension in the band (Fig C).

Fix the knee in this position while moving the whole of the leg backwards (Figs D and E).

Maintain an upright posture at all times.

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.

