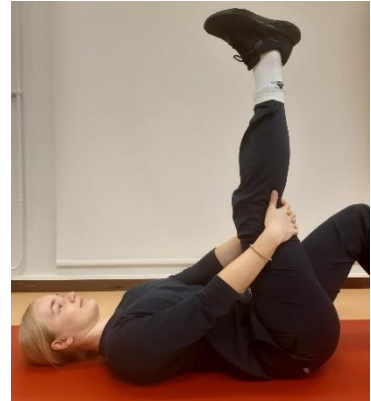


Hamstring stretches

Your hamstring muscles may become tight and cause a feeling of stiffness if you have not been as active as usual because of back problems. Stretching the hamstrings allows your back to function more normally.

Exercise 1:

Lie on your back and bring one knee towards your chest while holding onto the back of your thigh. Slowly straighten your knee as much as possible without moving your thigh. You should feel the stretching in the back of your leg. Repeat with the other leg.



Exercise 2:

Sit on the edge of a chair with one leg straight and the other one bent. Bend forward at the hips and reach towards the knee of the straight leg while keeping your back straight. Look forward. You can support yourself by putting your hands on your thighs. Repeat on the other side.



Exercise 3:

Stand with one leg slightly bent and the other leg straightened in front of your body. Bend forward at the hips while keeping your back straight. You can support yourself by putting your hands on the thigh of the bent leg.

Repeat on the other side.

