



### **Hamstring Frisk**

Stand with your hands on the wall at chest height. Step back with toes turned in, hinge at your hip/thigh crease and feel your back and hamstrings stretch. Arms and knees are straight, hands are at or below shoulder height, and feet are under hips. Keep your spine in neutral.

To increase stretch in your right hamstring, slightly bend your left knee keeping pelvis as level as possible. Straighten left knee and bend right. Bend both knees and walk towards wall to stand up.

You may use a table or counter top in lieu of wall.