

Sitting Hamstring Stretch



Figure A

1. MAINTAIN A CURVE IN THE LOW BACK.

* PLACE A SMALL TOWEL ROLL IN LOW BACK. (see figure B)

2. Start to straighten one leg. MAINTAIN THE CURVE IN THE LOW BACK. Stop when you feel your back losing the curve.

3. Further engage the fascial barrier by telescoping the extended leg, pulling the foot back, extending through the ball of the foot and spreading the toes.



Figure C

Raise arm toward ceiling (pull shoulder blade down). Feel the engagement of the fascial barrier between the arm and the extended leg.

