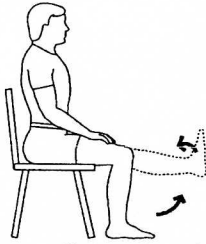


Stretch hamstring sit active

- Sit against a wall, chair, or on firm surface, knee bent.
- Keep a proper curve in low back, as shown.
- Flex left foot upward, while straightening knee.
- Repeat stretch with other leg.

Special Instructions:

Do not allow low back to lose the curve. It is common to experience shaking in the leg.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Issued By: MMPC Orthopedics

These exercises are to be used only under the direction of a licensed, qualified professional.

Michigan Medical, P.C.

Signature: _____