



Home Exercise Program

Created by Senior Stride Academy Aug 31st, 2024

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4 Exercises

1



HAMSTRING STRETCH

While lying on your back, raise up your leg and hold the back of your knee. Pull the leg upwards until a stretch is felt. Hold, relax and repeat.

Repeat 4 Times
Hold 20 Seconds
Complete 1 Set
Perform 2 Times a Day

4



STANDING HAMSTRING STRETCH - PROPPED

Start by standing and prop your foot of the affected leg on a chair or a step.

Next, slowly lean forward until a stretch is felt behind your knee/thigh. Bend through your hips and not your spine. Hold, then return to starting position and repeat.

Repeat 4 Times
Hold 20 Seconds
Complete 1 Set
Perform 3 Times a Day

2



SEATED HAMSTRING STRETCH

Sit near the front edge of a chair. Rest your heel on the floor with your knee straight and gently lean forward until a stretch is felt behind your knee/thigh.

Repeat 4 Times
Hold 20 Seconds
Complete 1 Set
Perform 3 Times a Day

Maintain a straight spine the entire time. Bend through your hips.

3



Hamstring Stretch

Sit on firm surface with one leg up and other leg down. (Make sure leg that is down is supported on floor or stool). Keeping outstretched leg straight and back straight, bend forward at the hips until a stretch is felt in the back of leg that is up.

Repeat 4 Times
Hold 20 Seconds
Complete 1 Set
Perform 3 Times a Day