

Personal exercise program

hamstring

Spire Healthcare

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Sit on a table with one leg straight in front of you with the heel over the edge and the other leg on the floor (as shown).

Bend your upper body forwards keeping your back straight. Hold approx. 20 secs.

Repeat _____ times.



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Lying on your back with a sliding board under your leg.

Bend and straighten your hip and knee by sliding your foot up and down the board.

Repeat _____ times.



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Stand leaning with your back against a wall and your feet about 20 cm from the wall.

Slowly slide down the wall until your hips and knees are at right angles. Return to starting position.

Repeat _____ times.



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Stand in front of a 20 - 40 cm step.

Step up _____ times with one leg leading and then repeat with the other leg leading.

Repeat _____ times.