

# Hamstring Stretch on the Floor



- Lie on the floor in front of an open doorway or hallway.
- Place one foot on door frame or on the wall as shown in image above.
- Lower back should be flat on the floor. Do not tilt pelvis.
- Keep both knees straight.
- Stretch intensity should be mild.
- Moving away from the door frame or the wall decreases the intensity.
- Moving toward door frame or the wall increases the intensity.
- When the elevated leg's glute touches the wall, you are at 90 degrees, which is normal range of motion.

- Frequency of stretch
  - Perform once a day.
- Duration of stretch
  - Start with 2 minutes. Increase stretch by 30 secs every day until you reach desired duration between 5 to 10 minutes.
- Intensity of stretch
  - Mild to moderate intensity

Place a pillow, towel, or yoga mat underneath the heel of the elevated leg to prevent any discomfort behind the heel on the wall.