

Tight hamstrings

1. Standing hamstring stretch: Place the heel of your leg on a stool about 15 inches high. Lean forward, bending at the hips until you feel a mild stretch in the back of your thigh. Make sure you do not roll your shoulder and bend at the waist when doing this or you will stretch your lower back instead. Hold the stretch 30 to 60 seconds. Repeat three times.



2. Hamstring stretch on wall: lie on your back with your buttocks close to doorway and your legs extended straight out in front of your and through the doorway. Raise your leg and rest the heel against the door frame. Your legs should still be extended through the doorway. You will feel a very strong stretch in the back of your thigh. Hold this stretch for 60 seconds. Repeat three times.

You should stretch your calf muscle because it attaches near where your hamstrings ends.

3. Standing Calf stretch: Facing wall put your hands against the wall at about eye level. Keep one leg back and one leg forward. As you slowly lean into the wall, you will feel a stretch in the back of your calf. Hold for 30 seconds. Change the leg position to stretch your heel and calf. Do this for 5 times with each heel at least twice daily.

Once your muscle is stretched, you can work on strengthening your hamstrings:

4. Prone knee bends: you can lie on your stomach with your legs straight out behind you and bending your knee so that your heel comes toward your buttocks. Bring it back down to the starting position. Repeat 10 times. Do 3 sets of 10. As this become easier you can wear ankle weights.

