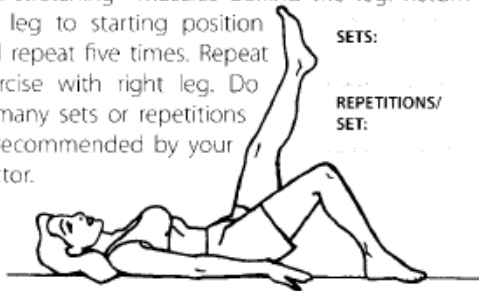


Hamstring Stretch

Lie on your back, your knees bent with feet flat on floor, arms at your sides, palms down. Raise your leg up as far as is comfortable without over-stretching muscles behind the leg. Return left leg to starting position and repeat five times. Repeat exercise with right leg. Do as many sets or repetitions as recommended by your doctor.



SETS:

REPETITIONS/
SET:

NOTE

Never stretch to the point of pain. If any exercise causes pain in your buttocks; pain, tingling or numbness in your legs, do not continue the exercise.