

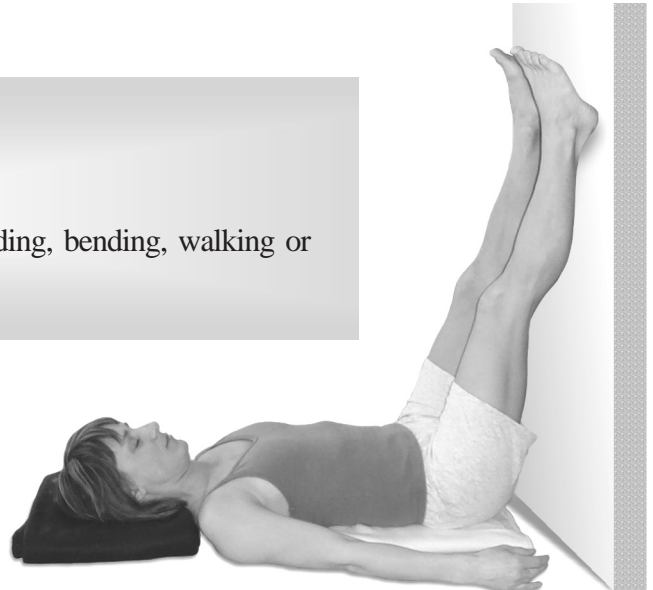
Massage Therapy Practice.com

Knowledge, Skills & Support for Massage Therapists

Lengthening the Hamstrings

Purpose:

To put less pressure and tension in the low back when standing, bending, walking or running



Lie on your back with a thin pillow or towel under the small of your back. Place your feet up against the wall. Move your buttocks toward the wall just until you feel a **gentle pulling** in the back of the thigh. Relax all other muscles in your body that are not required to hold this position and breathe in a relaxed and slightly deeper manner than normally. If

and when you notice that there is less pulling in the back of the thigh, move your hips closer to the wall. Repeat

If you have no pain or worsening in any symptoms the next day, then repeat the exercise gradually working your way up to stretching for 30 minutes each day. If your hamstrings have been short for years or decades, expect very little improvement for at least 4 - 6 weeks. After this point, you should feel a gradual responsiveness in terms of the length of the hamstrings and their ease to stretch.

Important Handling & Safety Issues

The feeling during this exercise should be a gentle pulling only. It should only you can exert during a strong stretch slow, steady and gentle is the only way to win this race!

There should be no low back pain or pain, tingling or numbness in the legs at any point in this exercise. If there is, stop immediately and lessen the degree of stretch. If you cannot avoid pain, tingling or numbness on the second attempt you should not do this exercise. Consult your physician for more targeted advice! **If you have a history of disc pain, tingling or numbness in the leg, then only do this exercise under a physician's instruction!**

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Duration														
Changes in Symptoms														

Your next appointment is _____ at _____

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