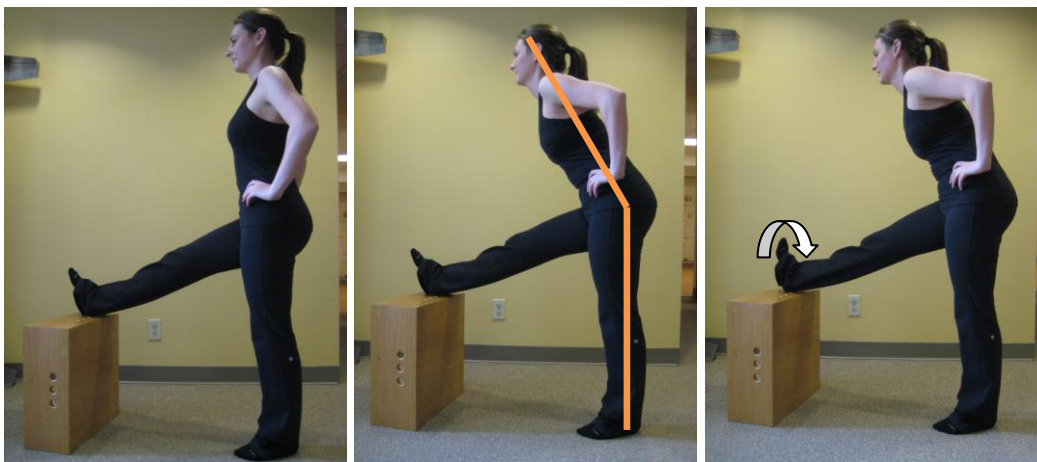


Dynamic CHIROPRACTIC CLINIC

Better Health in Motion

Basic Hamstring Stretch

Instructions: Duration 1-3 minutes. **This is one of the most important stretches we teach.** Begin by placing your heel on an object approximately 18" high, and stand as erectly as possible. Extend your low back, tilting your pelvis forward, and bend forward from the hips, maintaining the curve of your low back. If you are experiencing low back pain, support your back by placing your hands on your leg for support. For added emphasis, tilt your toes back toward you. You should feel the stretch in the back of your leg. Hold for 10-15 seconds. Repeat often, 8-10 times, every day.



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