

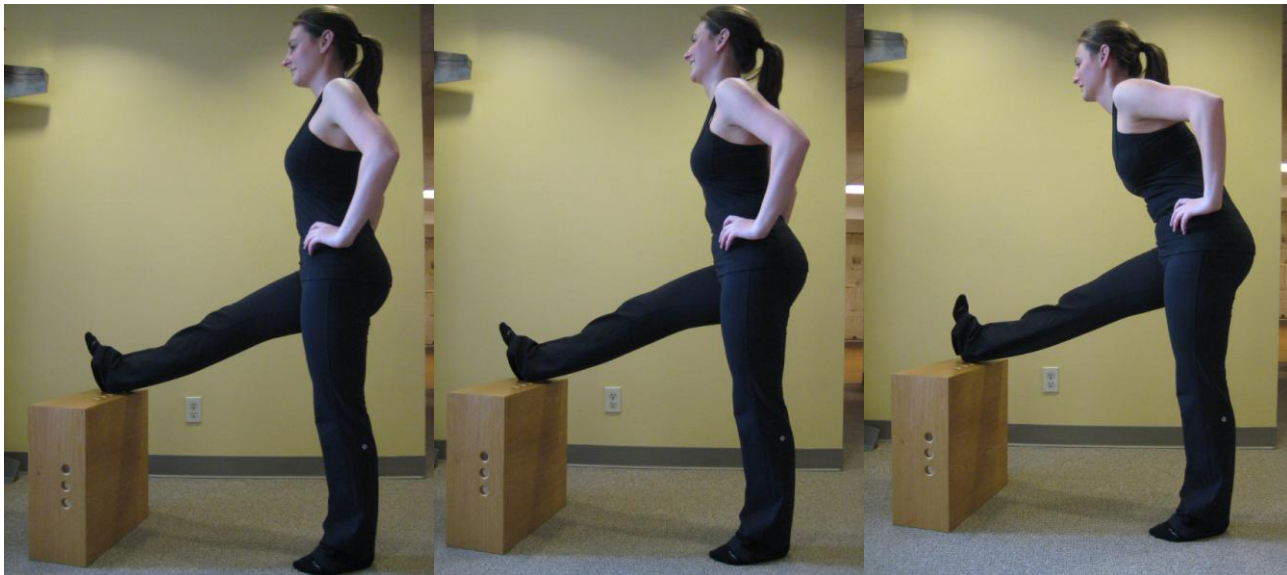
Dynamic CHIROPRACTIC CLINIC

Better Health in Motion

Hamstring Stretching

Instructions: Duration 1 Minute

Find a stable object approximately 18" off the ground. Place your heel of the side you are stretching on it, standing as erectly as possible. Extend your belly, and imagine an axis through your hips, and bend forward. Gently stretch your hamstrings muscles; if you feel like you have to bend more than you would like, flex your foot back towards you. Hold the stretch for approximately 8-10 seconds. Repeat 3-5x, every hour.



STRETCHING OCCURS OVER TIME. DOING ONE STRETCH ONCE A MONTH WON'T DO THE JOB!

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