



PHYSICAL AND OCCUPATIONAL THERAPY

## DYNAMIC HAMSTRING / GAIT STRETCH



Standing with feet shoulder width apart, put \_\_\_\_\_ foot on chair keeping your leg straight. Lean slightly forward through the waist, keeping your back straight. Feel a mild to moderate stretch behind your \_\_\_\_\_ leg, then bend \_\_\_\_\_ knee forward, keeping back slightly forward. Feel mild to moderate stretch in your \_\_\_\_\_ hip. Hold stretch \_\_\_\_\_ seconds in both positions. Repeat \_\_\_\_\_ times. Repeat on other side.