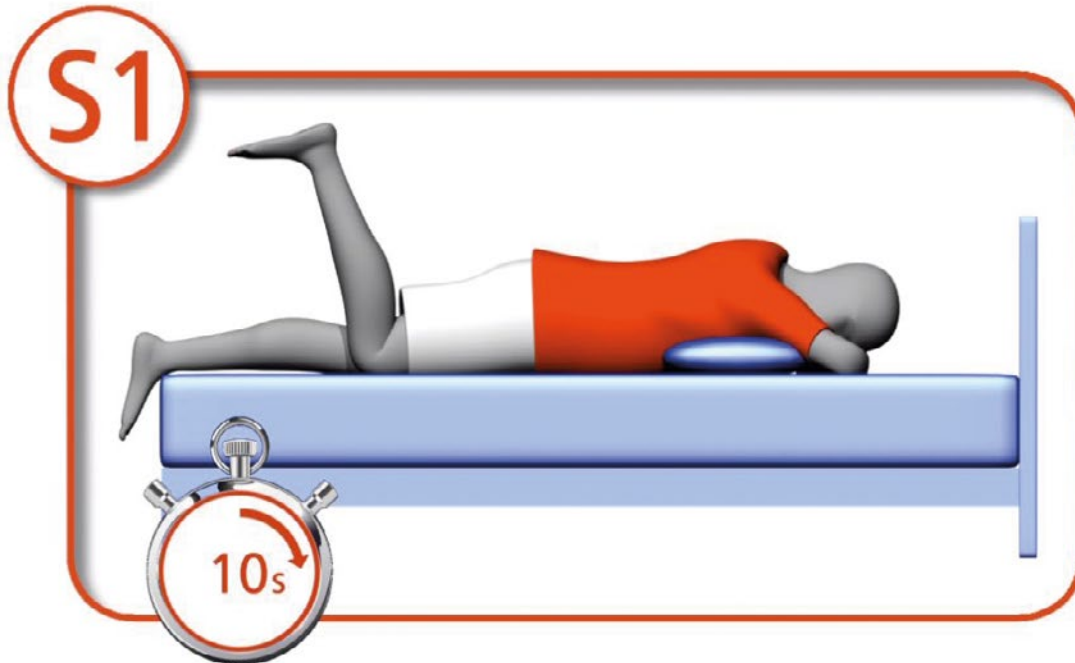


Strength – Lower body

Hamstring muscle



Lie on the stomach and bend the knee slowly through 90 degrees over a count of about 10 seconds, then slowly lower the foot to its resting position.



Comments

- Ensure the back is as straight as possible.
- Use a cushion under the chest for added comfort.

Functional application

Useful if the hamstring muscles have become less active or weak:

- In people who spend a lot of time sitting.
- Following a bleed or a period of pain in the knee joint.

Patient's name

Date

Number of repetitions

Number of sets

Number of times per week

Number of weeks

Other instructions