

Hamstring Matrix

Sagittal Plane

Step 1: Place foot on stool/chair near wall to use for balance and support.

Step 2: Slowly lean forward, keeping back and leg on stool/chair straight.

Step 3: Bend at hips until a stretch is felt in back of leg.

Repeat process 20 times.



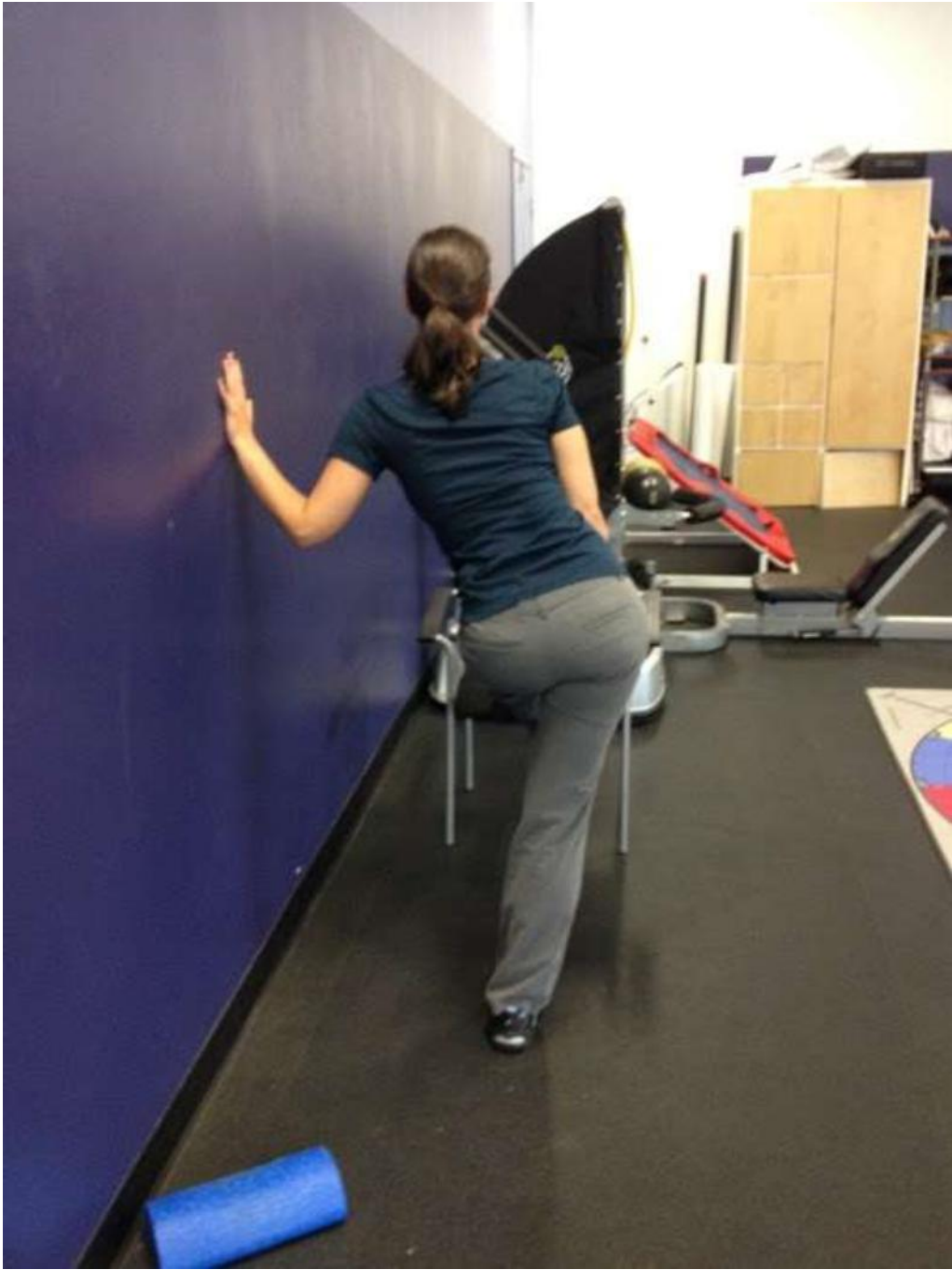
Frontal Plane

Step 4: Place foot on stool/chair near wall to use for balance and support.

Step 5: Slowly lean forward, keeping back and leg on stool/chair straight.

Step 6: Bend at hips until a stretch is felt in back of leg then slowly drop hips from side to side.

Repeat process 20 times.





Transverse Plane

Step 7:Place foot on stool/chair near wall to use for balance and support.

Step 8:Slowly lean forward, keeping back and leg on stool/chair straight.

Step 9: end at hips until a stretch is felt in back of leg then slowly twist trunk of body from left to right.

Repeat process 20 times.



