



Sit on the floor and bend your 'unaffected leg' dropping the knee towards the floor.

Bend at the hips and reach towards your foot.



Sit on the floor with your legs straight out in front of you.

Bend at the hips and stretch your hands towards your feet.



Stand with your legs together and bend at your hips.

Stretch your hands towards the floor.

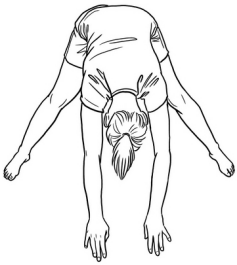


Cross your legs and bend at your hips.

Stretch your hands towards the floor.



Lay on the floor with your legs upright against the wall. You should aim to have your legs completely straight. You should feel a stretch in the back of your thigh. Hold and repeat.



Take a wide stance with your feet. Lean forward bending at your hips, reach out and touch the ground keeping your back straight.



Lie on your back and keep the 'stretching leg' straight.

Using the towel as resistance, straighten your leg as fully as possible.



Lie on your back with your uninjured leg straight.

Grip behind the 'stretching leg' and extend your knee to straighten your leg.

To increase the stretch, pull your toes towards your shin.



Position the 'stretching leg' on a fixed support.

Keep your back straight and bend forward at the hips.

The stretch should be felt down the back of the leg (hamstrings).