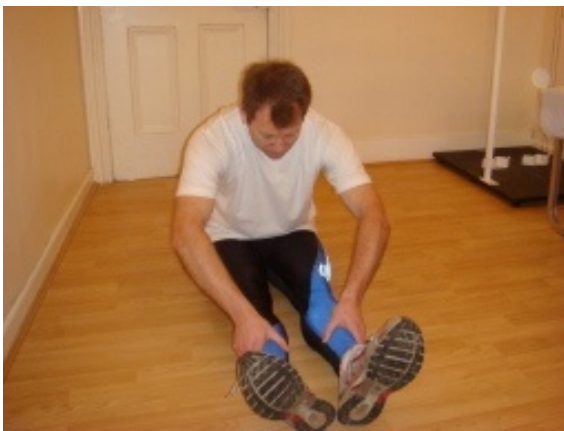


HERTFORD / STEVENAGE CHIROPRACTIC CLINIC

HAMSTRING/QUAD STRETCHES



Sitting on the floor with your legs straight out in front of you, hold onto your legs as far down to your ankles as you can. You should be able to feel a slight stretch at the back of your legs.



Now start to bend your elbows, in doing so you will be pulling your body forward. This will cause the stretch to increase in the hamstring area. Hold for 20secs. and repeat 5 times. Don't forget to breathe deeply, increase the stretch with breathing out.



Standing quad stretch is simply grabbing hold of your foot behind you as per picture. To increase the stretch, extend your knee backwards. Hold for 20secs. each side, alternating and repeat 5 times.



Kneeling on the floor, try to sit back onto your heels. To increase the stretch, lean backwards and support yourself with your arms. Hold for 20 secs. and repeat 5 times