

Did you know you can watch your videos online?

Go to www.MyRTR.net and enter prescription code **FGJRB2SW**



1: Hamstring Stretch in Doorway

- Lie on back in doorway
- Extend leg up and place heel on doorway
- Extend opposite leg on floor
- Hold and repeat as instructed

Reps: 2 Sessions: 2 Everyday **Hold Time: 30s**



2: Hamstring Stretch Seated (Unilateral)

- Sit with one leg bent up and out to the side and the other leg straight
- Slowly lean trunk forward and reach toward your toes until stretch is felt

Reps: 2 Sessions: 2 Everyday **Hold Time: 30s**



3: Hamstring Stretch in Supine (Opposite Knee Bent)

- Lie on back with knees bent
- Hold leg with hands behind thigh
- Extend leg toward ceiling while keeping back against surface
- Hold and repeat as instructed

Reps: 2 Sessions: 2 Everyday **Hold Time: 30s**