

Hamstring Stretches

For tight hamstrings and back-of-thigh stiffness

Why stretch your hamstrings?

Your hamstrings run along the back of your thighs and help bend your knees and move your hips. Gentle stretching may help maintain flexibility and comfortable movement.

A stretch should feel like a gentle pull, not pain.

Do not bounce or force the movement. Stop if you feel pain or your symptoms worsen.

1 Standing Hamstring Stretch (Heel on Step)

A supported standing stretch for the back of the thigh.



How to do the stretch

- 1 Stand beside a wall or sturdy support for balance.
- 2 Rest one heel on a low, stable step in front of you. Point your toes upwards.
- 3 Keep the raised knee straight but not locked. Bend your standing knee slightly.
- 4 Keeping your back long, hinge forwards from your hips until you feel a gentle stretch behind the thigh.
- 5 Hold for 20-30 seconds while breathing normally, then return upright slowly.
- 6 Relax and repeat 3 times on each leg, up to 3 times per day if comfortable.

✓ Helpful tips

- Use a low, stable step and keep a hand near support.
- Keep your hips facing forwards and avoid rounding your back.
- Move gently - do not bounce or reach further than comfortable.
- Repeat on both sides, keeping the stretch controlled.

! Remember

- You should feel a gentle pull at the back of the thigh, not sharp pain.
- Stop if pain, tingling or your usual symptoms worsen.
- Ask your podiatrist, physiotherapist or GP for advice if you have a current injury, back problem or are unsure this stretch is suitable.

Hamstring Stretches

For tight hamstrings and back-of-thigh stiffness

2 Lying Hamstring Stretch

A supported stretch that lets you control the movement while lying down.



How to do the stretch

- 1 Lie on your back on a firm, comfortable surface with both knees bent and feet flat.
- 2 Bring one thigh gently towards your body and hold behind the thigh (not directly on the knee).
- 3 Slowly straighten the raised knee as far as feels comfortable. Keep the thigh supported.
- 4 Let the other foot remain on the floor and keep your lower back relaxed.
- 5 Hold for 20-30 seconds, breathing normally. Then bend the knee and lower the leg slowly.
- 6 Relax and repeat 3 times on each leg, up to 3 times per day if comfortable.

✓ Helpful tips

- Keep your shoulders and head relaxed on the floor.
- Use a towel behind the thigh if it is difficult to reach comfortably.
- Do not pull on the knee or force the leg straight.
- A gentle stretch is enough; flexibility may improve gradually with regular practice.

! Remember

- Stop if you feel sharp pain, pins and needles, numbness or worsening symptoms.
- Do not bounce or hold your breath while stretching.
- If you have a recent hamstring injury, significant back pain or are unsure whether the stretch is right for you, seek individual advice from a healthcare professional.