



HAMSTRING STRETCH INSTRUCTIONS

Perform these stretches daily to help with adjusting to your Sole Supports orthotics. These stretches are a great tool to use everyday in addition to your orthotics for preventing injury.

Standing Hamstring Stretch

Stand with back straight (maintain inward curve of low back) with heel propped on a step or other support. Turn propped leg slightly inwards and make sure leg is perpendicular to pelvis (not pointing out to side).

Place both hands on top of the thigh as shown to support your back and to help keep your knee straight.

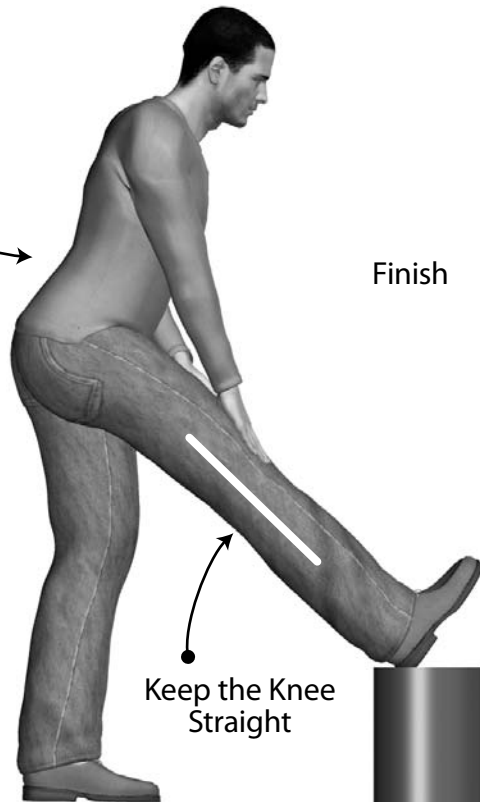
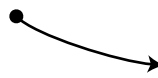
Slowly lean forward from the hip (not the lower back) until a good firm stretch is felt in the hamstrings. The inward curve of your back should not reverse during the stretch. Gradually lean more forward as necessary to maintain a good stretch.

Hold for _____ seconds.

Repeat _____ times, _____ times per day. Do both sides.



Maintain Inward
Curve of Back



Keep the Knee
Straight