

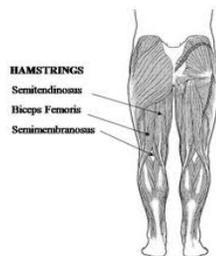
Leg Exercises

For information on all types of injuries visit:
<http://www.cssphysio.com.au/forpatients.html>



Hamstring Doorway Stretch

The hamstrings are the muscles behind the thigh. They can become tight for many reasons. Hamstring tightness is commonly related to low back pain. For this reason it is important to do stretches which do not place any strain on the low back. The following exercise is safe if done correctly.



Stretch

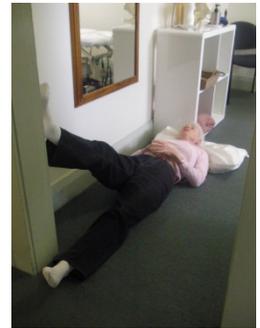
Lie down on the floor in a doorway, with your head on a pillow. Put the leg not being stretched (left leg in photo) through the open doorway, and keep this leg flat on the ground. Place the heel of the leg to be stretched on the architrave (door frame) and slide yourself closer to the doorway until you feel a gentle stretch in the back of the thigh. There should be no strain or pain in the lower back. And there should be no leg pain, tingling or numbness. There are two variations to the stretch, and your physiotherapist will tell you which one is best for you to do:



1. Bent knee stretch.
Keep a small bend in the knee of the leg being stretched. This will ensure the

hamstring muscle and not the sciatic nerve is being stretched.

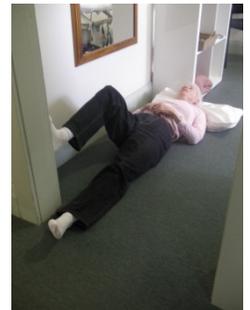
2. Straight knee stretch. This is a general hamstring stretch but can sometimes cause pain if you have problems with the low back or sciatic nerve tightness. Do this cautiously. You should feel stretching but not pain.



Hold the stretch for 20 seconds. Relax for a few seconds by sliding your heel back down the architrave. Then slide back up to stretch, and repeat 5 times.

General Points:

- Stretches should be comfortable, & not forced
- There should be no pain in the back or leg – just a comfortable stretch.
- Keep your head relaxed on the pillow.
- Ask your physio if you are having problems.



Please email us at info@cssphysio.com.au if you would like a printable copy of this stretch

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