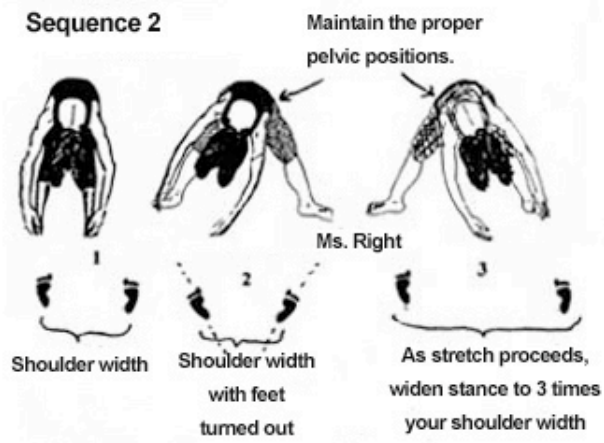
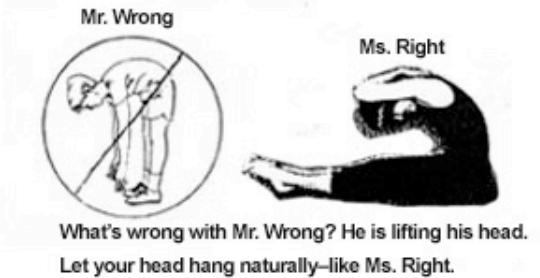
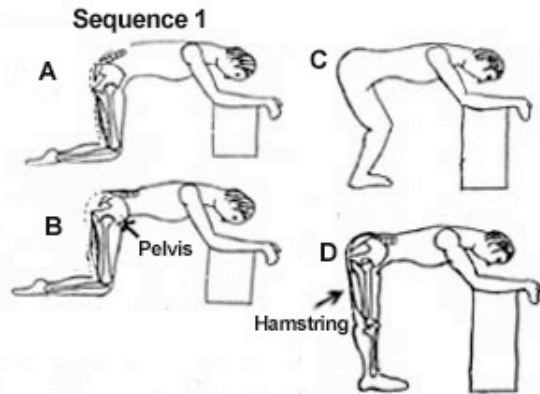


Dr. Juhl's Hamstring Series



After low back pain is reduced with the LBP Exercise #1, Hamstring stretching can start. The important thing is to understand how flexing the pelvis can stretch the hamstring.

Sequence 1

A & B: Gently press the small of your back down toward the floor and then relax stretching the Low Back and Hamstrings.

C & D: Feet should be shoulder length apart. Bend your knees and flatten the small of your back. Your torso drops between your legs. Alternate flexing and releasing the pelvis. Then try to hold the low back flat as you straighten your knees. Repeat several times.

Sequence 2

Begin by allowing your head and arms to hang loosely over your straight legs. Gently pulse 4x to the right, 4x to the center, 4x to the left, and then 4x to the center. Then turn feet out and repeat. Keep repeating the 16 counts and then moving the feet further apart. Remember to relax your arms and shake your head loose periodically.

Sequence 3

Press down slightly with your hands until you feel your pelvis flex forward. Open your legs as far as comfort allows with knees pointed to the ceiling. Gently bounce between your legs 8x. Maintaining the pelvic flexion from 1, reach out over your right leg and bounce 8x. Complete the sequence gently bouncing in a series of 8x to the front and left (figures 3 & 4).

Advanced: On alternating counts, flex and point the feet.

Stretching to lengthen the Hamstring should ideally only be done when the Body is warmed up, e.g. after breaking a light sweat. Entice the muscles, don't beat them. Pain or burning after stretching is a sign you've done too much too soon.

Sequence 3

