

Hamstring Stretch Variations

*There are many options for this stretch. Please consult your Physical Therapist to see what option is best for your child along with duration and frequency of the stretch.

Assisted Hamstring Stretch

Have the child lay flat on their back with legs straight (Image 1). Take one of their legs and slowly bring the foot up towards their head until you feel some resistance and the child reports feeling a pull in the back of their thigh. If there is too much tension in the child's lower back bend the opposite leg (Image 2).

Image 1



Image 2



Seated in Chair Hamstring Stretch

Have the child seated in chair or wheelchair. Have the child relax their foot as best they can. Slowly straighten the child's leg until the knee is fully straight or resistance is felt. If more stretch is needed, have the child maintain a straight back and lean the trunk forward over their supported leg. The stretch should be felt in the back of the thigh.



Seated Hamstring Stretch

Have the child seated on floor with legs straight in front of them. Have the child relax their feet as best they can. With a straight back have the child lean forward until resistance or a stretch is felt in the back of the thighs. This stretch can be performed with the knees bent or straight.



Strap/Towel/Belt Hamstring Stretch

Have the child lay flat on their back with legs straight. Wrap a strap, towel, or belt around the middle of the foot and slowly pull leg up towards head until a stretch is felt in the back of the thigh. If a stretch is felt at the back of the knee, bend the knee, or point toes toward the ceiling.



Standing Hamstring Stretch

Have the child stand with their feet hips distance apart and a slight bend in their knees. While maintaining a straight back have the child reach towards the floor or their toes. If they are unable to reach the floor or their toes just have them reach until they feel a pull in the back of their thigh.

