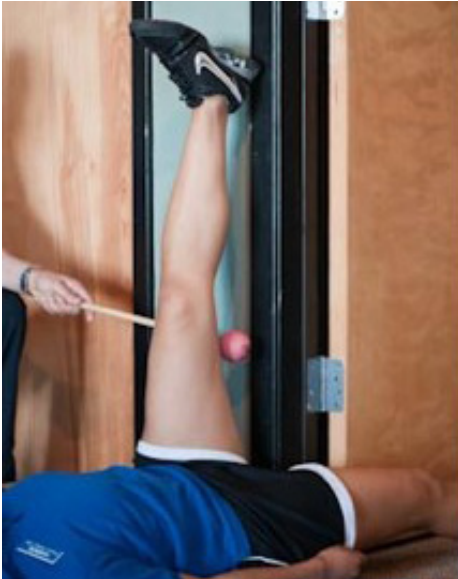
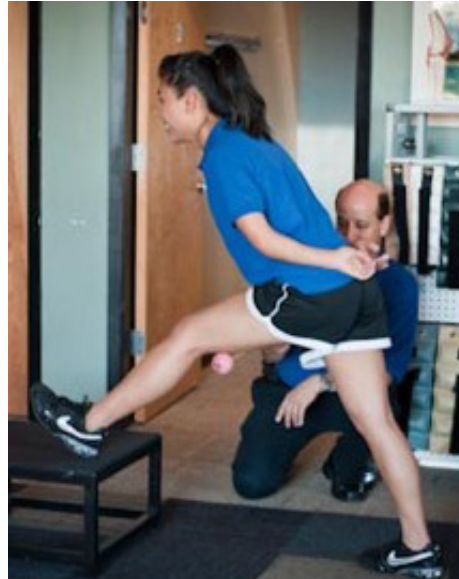


**Hamstrings**



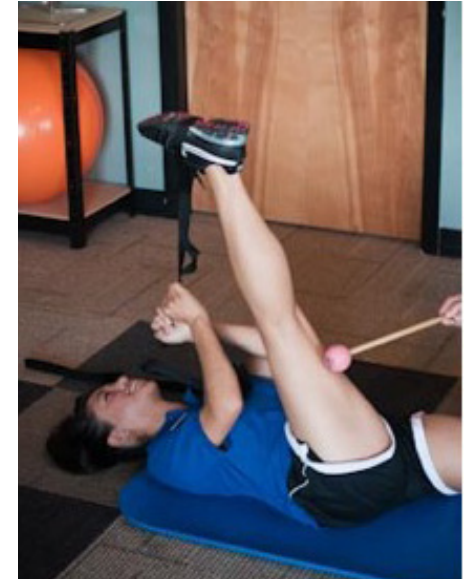
Stretch Hamstrings (Anterior Tilt Lumbar Spine)



Stretch Hamstrings (Standing)



Stretch Lateral Hamstrings (Anterior Tilt Lumbar Spine)



Stretch Hamstrings (When you are flexible over 80 degrees)



Stretch Proximal Hamstrings (Anterior Tilt Lumbar Spine)

The exercises and theories are intended for our patients as follow up on clinical meetings. No guarantee is made that the exercises will resolve your particular problem, or that our theories will explain your specific problem.