

### 1 Dynamic hamstring stretch

exercises to be carried out only under the instruction of your chiropractor



- A** With straight legs, bend forward allowing your fingers to get as close to your toes as possible. Don't bounce or over-stretch!  
Hold for 2 seconds



- B** Crouch down with your chest as close to your knees as possible.  
Hold for 2 seconds.
- Slowly stand up again making sure your head is the last to be raised.

*Repeat 10-15 times, 2 times a day.*