

Active knee hamstring stretch while sitting

This will stretch the muscles at the back of the top of the leg which will help you straighten your knee

- Sit on a chair in an upright posture
- Shuffle to the edge of the chair
- Straighten one leg out in front of you
- Place your hands on the opposite knee for support
- Gently lean forwards whilst keeping your back straight until you feel a stretch at the back of your thigh
- Hold for 20-30 seconds and repeat 3 times with each leg twice per day

