



Standing Hamstring Stretch (Both Legs at Once)

This hamstring stretch is a simple one to do anywhere at all. It is done in the standing position and stretches both legs at once. Here is how you do the standing hamstring stretch:

1. Stand and cross your right foot in front of your left.
2. Slowly lower your forehead to your right knee by bending at the waist.
3. Keep both knees straight.
4. Hold this position for 15 to 30 seconds.
5. Relax.
6. Repeat for the other side by crossing your left foot in front of your right.

In an effort to help each and every patient Dr. Ralph has put together a group of physiotherapy exercises that can be accessed on our website at:

<https://www.highlandfamilychiro.com/health-resources.html>

These can be done in the privacy of your own home until you are able to be back in the office. Please feel free to share these with your friends and family.

Dr. Ralph has also put together a home care kit that includes a small foam roller, balance disc, and bands that we are offering at our cost of \$30.00 and at this time we are offering no contact drop off service for the kit.

We are currently back to seeing routine and maintenance patients. Please feel free to call 770.565.8151 if you have any questions about this exercise, our