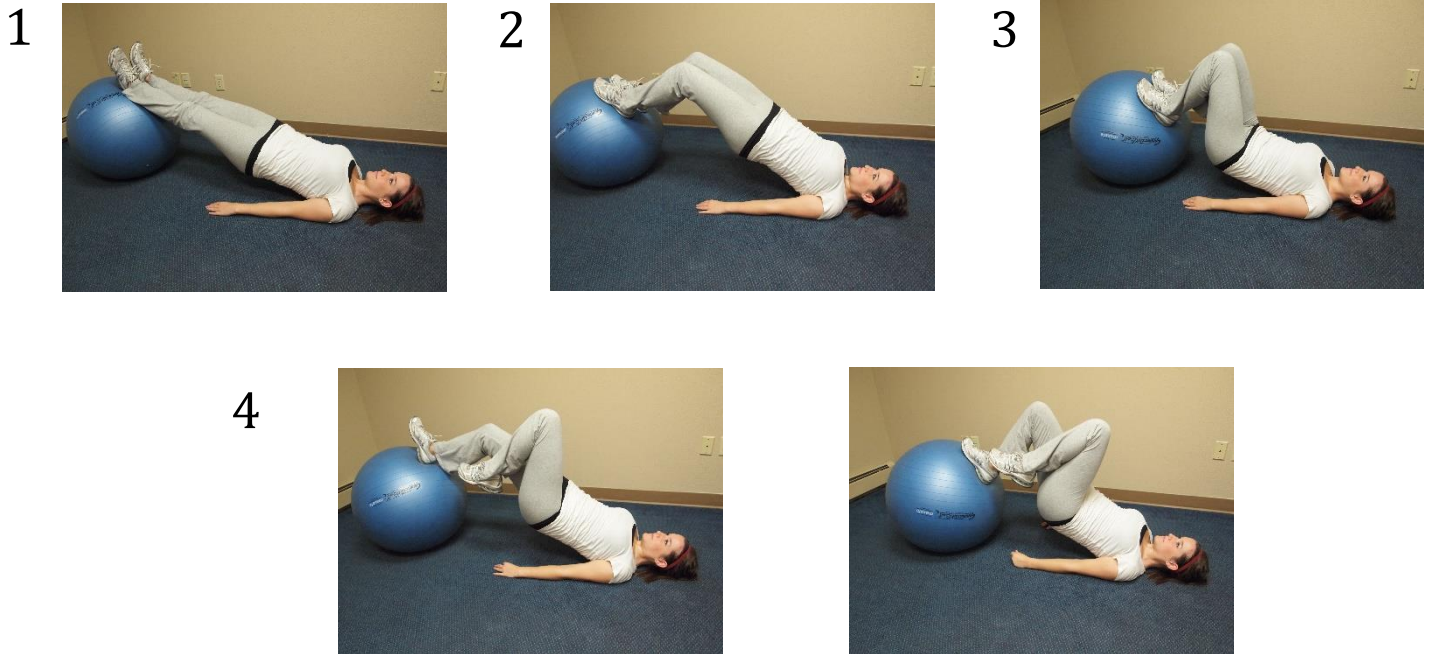




Rehabilitative Exercises | Extremity Exercises

E1 Hamstring Curl



- 1- Lay on the floor with the ball under your heels in a bridge position.
- 2- With arms flat against the floor, straighten your body bend you knees slightly and lift hips as high as possible.
- 3- Bring ball towards you, bending your knees.
- 4- Raise your left leg into the air then with your right leg, roll the ball towards you, bending your right knee.
- 5- Return to straight position then repeat step 4 with your left leg.
- 6- Repeat all steps ____times per day.