

Hamstring Flexibility and Low Back Pain

Impaired hamstring flexibility is often associated with low back pain. Improving hamstring flexibility may be an effective method for decreasing pressure on the low back. Even for those without low back pain, improving hamstring flexibility allows for a better hip hinge, deadlift, and overall hip mobility to improve daily activities. Prior to stretching, perform a light warm up such as walking or a light exercise to improve your hamstring's extensibility. Research suggests that holding stretches for at least 30 seconds provides better results.

Supine Hamstring Stretch with Strap

Lie on your back and loop a band, towel, or strap around your foot. Next, pull your leg up keeping your leg straight until you feel a stretch behind your thigh. Focus on your breathing and hold for at least 30 seconds.



Hooklying Hamstring Doorway Stretch

Lie on your back in a doorway with knees bent. Raise one leg up the doorway while maintaining contact with the floor. Straighten the leg on the doorway until you feel a stretch behind your thigh. To increase the stretch, try bringing your toes toward your body.

Note: You can move into the next stretch by straightening the bottom leg.



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Supine Hamstring Doorway Stretch

Lie on your back next to a doorway. Raise one leg up the doorway while maintaining contact with the floor. To increase the stretch, try bringing your toes toward your body. You can also increase the stretch by rotating your pelvis toward the floor.

