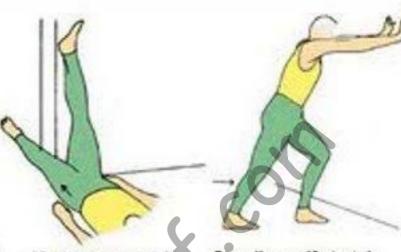


Hamstring Strain Exercises



Standing hamstring stretch

Hamstring stretch on wall Standing calf stretch



Prone knee bends



Chair Lifts

