

Reclined Hamstring Stretch with belt

Props required:

- 1 belt
- 1 block

Helps in the prevention and management of the following sports injuries:

- Lower back muscle strain
- Hamstring strain
- Calf muscle strain

Benefits of the posture:

- Allows for a controlled, progressive release of the hamstrings.
- Creates movement and freedom through the pelvic joints.

Instructions:

Enter the posture by lying down on your back.

Figure 1: Elevate the right leg and keep the grounded (left) leg extended. Place the belt around the heel of the elevated leg so that it loops around the outside of the heel. Then bring both sides of the belt to the inside of the elevated leg.

Figure 2: Hold one end of the belt with the left hand and the other with the right hand – so that the belt forms a triangle as it rests in the two hands and loops around the heel.

Figure 3: Adjust the length of the belt so that both elbows rest firmly and equally into the floor – without having to pull on the belt. Firmly press the grounded leg into the floor and keep the foot active – press the foot into a block against the wall if it helps you to maintain better alignment of the leg and foot (**Figure 4**).



Figure 1



Figure 2



Figure 3



Figure 4

Breathe fully and evenly. Remain in the pose for 10-20 breaths (30 to 60 seconds).

Keep the abdomen soft and relaxed.

Allow the belt to support the elevated leg. **NOTE:** Avoid pulling on the belt to bring the elevated leg further back. Gradually extend the elevated leg through the heel and toward the ceiling. Relax the neck, shoulders, and back.

To come out of the posture, bend the right leg, remove the belt, and slowly release the leg back down to the floor. Rest for a few moments.

Repeat on the other side.