

**DON'T DO THAT**  
EXERCISE AND TRAINING  
TECHNIQUES THAT YOU  
SHOULD NOT DO

# Do Not Do Standing Bi-Lateral Hamstring Stretch

There are many other ways to stretch the hamstrings, such as the unilateral hamstring stretch.

I do recommend the modified hurdler stretch, floor toe touches, standing single leg hamstring stretch, back straddle stretch, contract and relax hamstring stretch, and the supine hamstring stretch. It is imperative to keep your back flat when doing these stretches to isolate the hamstring and to avoid lumbar strain.



**No- bilateral hamstring stretch**

**Yes- unilateral hamstring stretch**

According to the US Navy the Standing Hamstring Stretch should be avoided. By bending forward in an unsupported position and flexing (rounding) the spine, the entire weight of the upper torso is placed on the low back extensor muscles. These muscles are not designed to support this amount of load on their own. Repeated motions like this could cause micro damage to your discs. Additionally, if the knee joints are “locked out” it can cause hyperextension of the knee joint and place unnecessary stress on the ligaments of the knee.

**Sources: Navy Contraindicated Exercises and AceFitness**