

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

Do Not Do Hurdler Stretch

There are many other ways to stretch the hamstrings.

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.

LOW BACK PAIN AND THE HAMSTRINGS: Hamstring stretching may be of some help when experiencing low back pain, debatable, however other strategies are required to achieve optimal results. You may get momentary relief of tightness and soreness from a hamstring stretch, but the pain usually comes back because it is not fixing the problem (band aid). The solution is a more balanced approach of conditioning of the hamstring and more importantly the core and the hips. See article.

According to the US Navy the Hurdler's Stretch places the knee in a rotated position, which stresses the flexed knee. The hurdler's stretch is apt to stretch the ligaments and capsule and damage the cartilage. It may also cause strain in the groin muscles.



Sources: Navy Contraindicated Exercises and AceFitness