

Exercising During Treatment:

Tips for strengthening and stretching hamstrings while seated

Here's a multitasking idea: While sitting, use a small inflatable ball to strengthen and stretch your hamstrings. Certified personal trainer Sarah Ayers explains:

- Sit tall. That's like being a puppet and having a string at the top of your head that can be tugged so the crown of your head points to the ceiling, your ears are over your shoulders and your shoulders are over your hips.
- Place the ball behind your knee. You can hold the ball in place or you can sit back and so the ball is against the edge of the chair.
- The leg with the ball will be a little off the floor. The other leg is bent at 90 degrees and the foot is flat on the floor.
- Breathe in through your nose. Breathe out as you pull back on the leg with the ball and give a squeeze.
- Repeat 10 times.
- Switch to the other leg.
- Remember to use your body weight to squeeze the ball.
- To stretch, place the ball on the top of your thigh and roll the ball down your leg to where you feel comfortable. Pause, then roll the ball back up your leg.
- Hinge at the hips and avoid rounding your back.



notes

Always consult your physician before beginning any exercise program

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