





Sit and Reach

Sit and Reach Specific Corrective Exercises

The sit and reach test is a direct measure of hamstring and trunk flexibility. Completing daily stretches are the best method of improvement. Working through static stretches in the morning when you wake up will increase flexibility. You can add any exercises from the general core strengthening and stretching booklet to create a little at home workout.

Name of Exercise	Description	Instructional Image
Quad Stretch	Keep your core engaged and do not let your pelvis tilt forwards. You should feel the stretch in the quad muscle, which runs from your knee to your hip. Hold stretch for 30-60 seconds on each leg.	
Hamstring stretch	Keep your leg that is on the chair straight but do not lock the joint. Make sure to keep your back straight and do not round your back forward. You should feel the stretch down the back of the leg that is on the chair. You should feel the stretch in your hamstring, which runs from your knee to your hip. Hold stretch for 30-60 seconds on each leg.	
Hamstring stretch	Keep your legs straight but do not lock the knee joints. Put a towel around your feet and pull your body down to your legs. Make sure to keep your back straight while you do this. You should feel a stretch in the back of your legs from your hips to the back of your knees.	
Groin and hamstring stretch	Spread your feet out as wide as you can, keeping your toes pointing forwards. Lean forward and put your hands against a wall, keeping your core strong and your back straight. Slowly work your way down the wall until you feel a gentle stretch in your hamstring and groin. Hold this stretch for 30-60 seconds.	
Back stretch	Keep your core engaged and relax back onto your legs. Try to let your hips sink towards the ground and lengthen your spine. Feel the stretch in your upper back and shoulders. Hold stretch for 30-60 seconds.	