

Laying Hamstring Nerve Glide



1. Laying Hamstring Nerve Glide

- Lie on your back with both knees bent and feet flat on the floor.
- Grasp the back of one thigh and slowly lift your leg towards the ceiling.
- Keep the knee slightly bent and start flexing your foot toward you, then point it away.
- Continue to alternate pointing and flexing your foot to "floss" the nerve.
- **Repeat this glide 10–15 times per leg.**