10 Contraindicated / Ineffective Stretches

This handout provides an outline of bad or contraindicated stretches. They either don't do a good job stretching the muscles, or they have potential to do harm. If you are currently doing them, please consider replacing them with the stretches listed on the NEHC Recommended Stretches Handout.

Hurdler's Stretch

Seated Hamstring Stretch
with Both Legs Extended

Quadricep Stretch
With Both Knees Flexed

Standing Hamstring

Yoga Plow Stretch

Full Head Circles

Windmills

Donkey Kicks

Deep Knee Bends