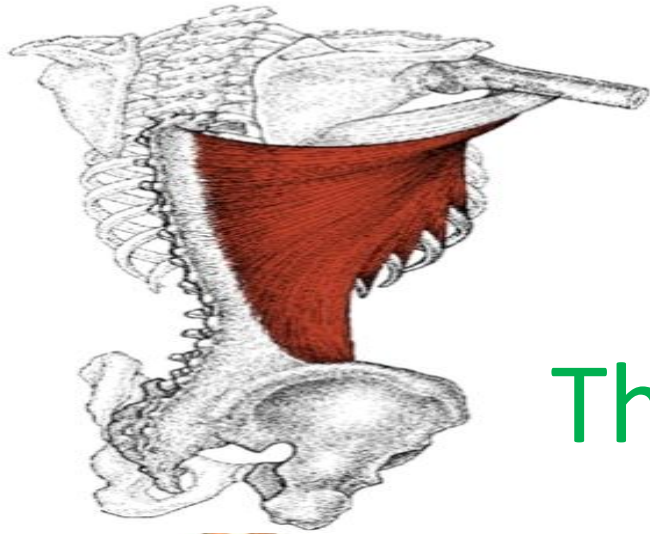
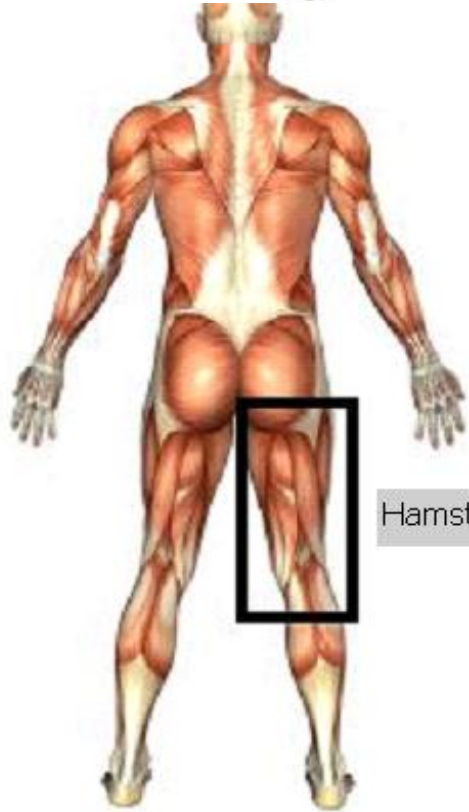


Latissimus Dorsi



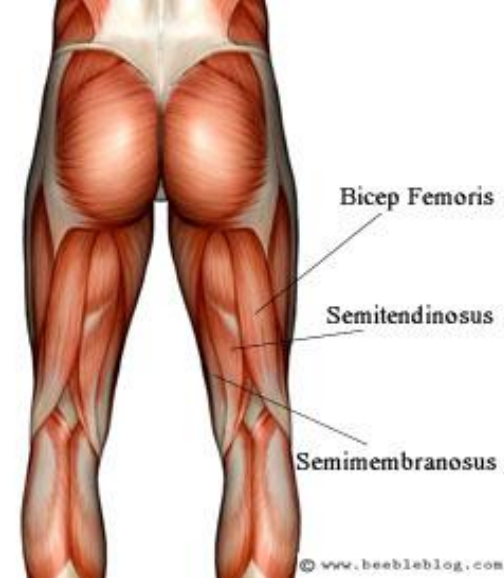
The Hamstrings and the Latissimus Dorsi



Hamstring Muscles

Hamstrings

- The function of the hamstrings are to pull the legs toward the body and move the legs away from the body
- The common name is the hamstrings
- The scientific name for the hamstrings are the semitendinosus, semimembranosus, and the bicep femoris
- The hamstrings are made up of three different muscle groups: the semitendinosus, the semimembranosus, and the bicep femoris
- These three muscles in the hamstrings originate from the ischial tuberosity
- The semitendinosus inserts into the medial surface of the tibia
- The semimembranosus inserts into the medial tibial condyle
- The bicep femoris inserts into the lateral side of the head of the fibula



➤ Stretching the Hamstrings

You can stretch the hamstrings if you

1. sit down and put the leg you want to stretch straight on the ground
2. put your second leg bent next to your straight leg; don't keep the sole of your foot on the ground
3. bend forward, keeping your head down and try to touch your foot

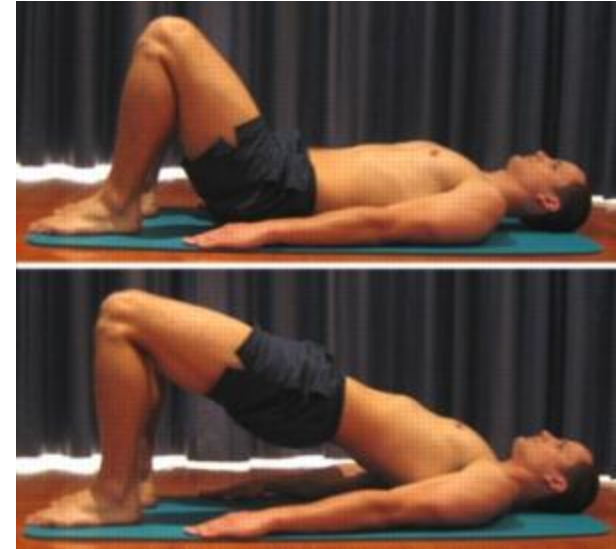


Hamstring Strengthening Exercises

One exercise to strengthen your hamstrings is Bridging. For this exercise:

1. Assume the position in the above picture to the right; then slowly lift your bottom by pushing through your feet.
2. Lay on the upper portion of your back; keep your legs bent and together.
3. Also, tighten your hamstrings when you do this.
4. Slowly lower your bottom back down for 2 sec.
5. Perform 3 sets of 10 repetitions of this exercise.

A second strengthening exercise is in the following video.



<http://www.youtube.com/watch?v=Ygy6sipH-BM>

Latissimus Dorsi

- The function of the Latissimus Dorsi is to climb or pull objects toward you
- The scientific name is the Latissimus Dorsi; the common name is “lats”
- The Latissimus Dorsi inserts into the humerus
- It originates from the posterior crest of the ilium, the sacrum, the lumbar and thoracic vertebrae, and the lower ribs

Latissimus
Dorsi



(b)

Latissimus Dorsi Stretches

- The following video shows how to stretch the Latissimus Dorsi

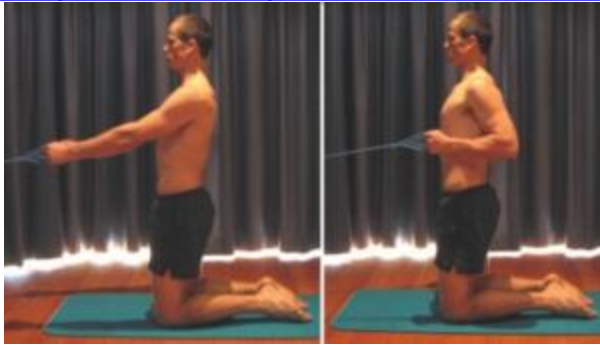
<http://www.youtube.com/watch?v=opF9l06ldbs>



Latissimus Dorsi Strengthening Exercises

- The following videos show you how to strengthen the Latissimus Dorsi

<http://www.youtube.com/watch?v=K4VAFznrNLk>



<http://www.youtube.com/watch?v=iUNoLR0pYjY>



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