Biceps Femoris /hamstrings /stretched with
(almost stiff legged dead- lifts)
Light weight only ,stretches hamstrings + stretches spine interconnected muscles
**BICEPS FEMORIS**

**Hip and thigh—posterior view**

**Origin**
- Long head—ischial tuberosity, sacroiliac ligament
- Short head—lateral epicondylar ridge, lateral intermuscular septum
- Lateral side of head of ilium and lateral condyle of tibia

**Action**
- Flexes leg at knee joint, long head also extends thigh at hip joint

**Nerve**
- Long head—tibial part of sciatic nerve (S1–S3)
- Short head—common peroneal part of sciatic nerve (S5, S1, S2)

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