

# JACK-KNIFE STRETCHING AND BALLISTIC STRETCHING IN IMPROVING HAMSTRING FLEXIBILITY IN COLLEGE STUDENTS

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## SUMMARY

**Background:** Hamstring muscle flexibility is essential in daily activities due to its role in body movements such as walking, jumping, and maintaining posture. Lack of physical activity and prolonged sitting habits, especially among students, can lead to stiffness and shortening of the hamstring muscles. This condition results in decreased flexibility, muscle pain, postural issues, and an increased risk of musculoskeletal injuries. Research shows a high prevalence of hamstring muscle shortening among college students. **Objective:** To raise awareness among adolescents, particularly college students, about the importance of maintaining hamstring muscle flexibility and preventing injury risks through physical activities and proper stretching. To achieve this, an educational medium in the form of a pocket book was developed as a tool for Communication, Information, and Education (KIE). **Method:** The development of an educational medium in the form of a pocket book containing information about the hamstring muscles, the impact of muscle stiffness, and stretching guidelines such as Jack-Knife Stretching and Ballistic Stretching, which can be performed independently without equipment. **Conclusion:** The pocket book media entitled “Jack-Knife Stretching and Ballistic Stretching in Improving Hamstring Flexibility in College Students” was chosen as an educational and health promotion media targeting physiotherapy practitioners and college students.

**Keywords:** Flexibility, Hamstring Muscles, Stretching, College Students