# *THE APPLICATION OF NORDIC HAMSTRING EXERCISE (NHE) TO IMPROVE HAMSTRING MUSCLE FLEXIBILITY IN ADOLESCENTS*

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***SUMMARY***

***Background:*** *Reduced hamstring flexibility in adolescents refers to a condition where the posterior thigh muscles (biceps femoris, semitendinosus, and semimembranosus) have a diminished ability to lengthen optimally, thereby limiting the range of motion in the hip and knee joints. This condition is generally associated with increased muscle stiffness, decreased stretch tolerance, and adaptations in muscle length resulting from daily activity habits. This study developed an educational video regarding the Nordic Hamstring Exercise as a safe and effective physiotherapy intervention to improve hamstring flexibility in adolescents.* ***Objective****: To educate adolescents on the importance of improving hamstring muscle flexibility. This education focuses on the application of the Nordic Hamstring Exercise method.* ***Methods:*** *The method used in developing this work was an educational approach utilizing video media as a tool for health Communication, Information, and Education (CIE). The video, titled "The Application of Nordic Hamstring Exercise (NHE) to Improve Hamstring Muscle Flexibility in Adolescents," was produced in accordance with the guidelines of Universitas 'Aisyiyah Surakarta.* ***Results:*** *A video medium that can be distributed directly to adolescents****. Conclusion:*** *Serves as a medium for promotion, information, and education for adolescents regarding "The Application of Nordic Hamstring Exercise (NHE) to Improve Hamstring Muscle Flexibility in Adolescents."*

***Keywords:*** *Hamstring muscle flexibility, Nordic Hamstring Exercise (NHE), Adolescents*