

Piriformis stretch

Note: Do not perform this stretch if you have had a hip replacement.

With any stretching you want to go to the point where it does not feel like a stretch in the beginning. After 30 seconds you can sink into the stretch slowly. The more relaxed you can be while stretching the more stretch you will get.

How Often: This should be done a minimum of 3 times a week for best results. For optimal results this should be done every day. 3x per session.

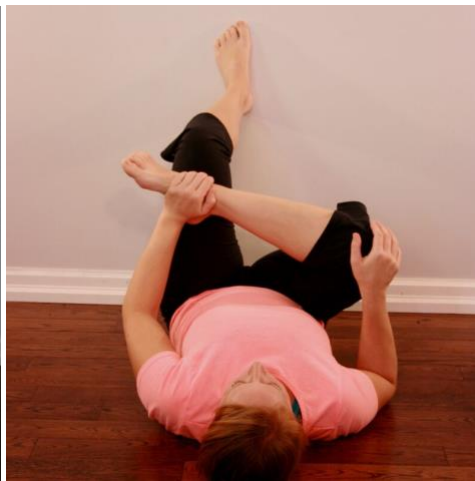
Directions:

There are 3 options for this stretch.

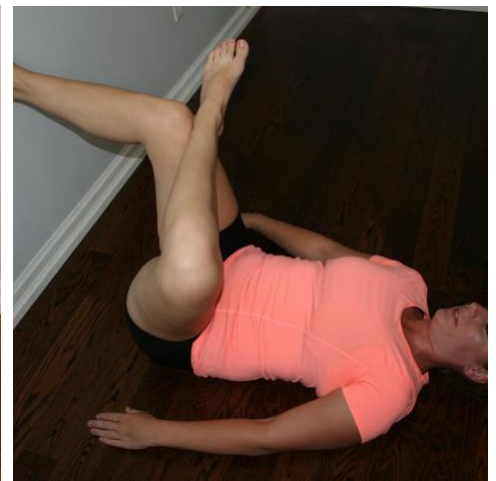
- (A) Sit near the edge of a chair with both feet flat on the floor. Cross one leg over the other with the ankle on the knee. With a straight back pivot forward from the hips with your hands resting lightly on your lower leg. For more stretch you can rest a hand on your knee. Hold for 30-60 secs.
- (B) Lie on the floor facing the wall and place feet on wall so knees are at 90 degrees. Cross one leg over and can put a hand on the knee after 30 secs to feel a deeper stretch. Hold for 30-60 secs.
- (C) Sit on the floor with one leg bent back and other leg bent in the front. Lean forward with a straight back, hinging from the hips or lean to the same side as the front bent knee. Hold for 30-60 secs.



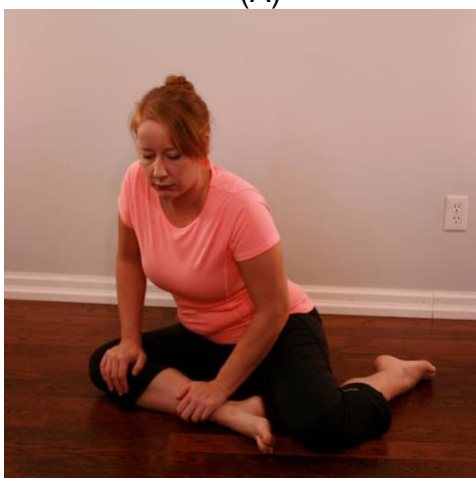
(A)



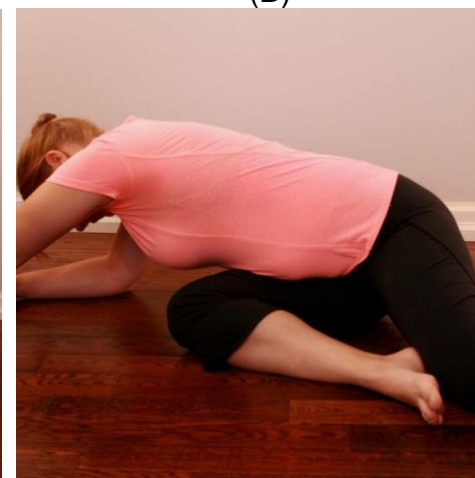
(B)



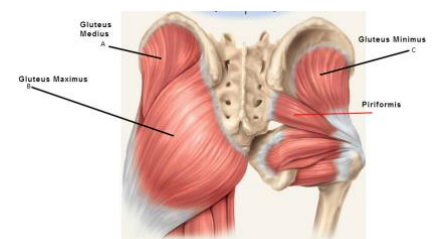
(B)



(C)



(C)



Piriformis muscle