



Piriformis Stretch Against a Wall

Starting position:

Lying on your back with one foot up on the wall and the other leg crossed.

Movement:

Push your crossed knee away until you feel a stretch in the back your leg and your buttock. Slowly return to starting position.

Hold for _____ seconds.

Perform _____ Reps _____ Sets _____ Times a day

Piriformis Stretch without the Wall

Starting position:

Lying on your back with one knee and hip bent and the other leg crossed over.

Movement:

Grab the bent leg under the knee with both hands and pull toward your chest until you feel a stretch in the back of the leg and buttock of your crossed leg. Slowly return to starting position.

Hold for _____ seconds.

Perform _____ Reps _____ Sets _____ Times a day