



Piriformis stretch

Can be done supine (lying on back) or standing

Place right foot on left thigh. Reach and hold onto left thigh.

Bring left thigh towards chest, allowing knee to fall out to side, you should feel a stretch in the right buttocks.

Repeat on other leg, Keep head down to avoid straining the neck.

If standing, place one leg on chair (bed or other stable item) at a comfortable height. The knee should be bent. Allow the lower leg to lie across the chair in front of you, (see photo) with the knee falling out to the side.

Keep the back straight and lean forward towards your leg to increase the stretch.