

Stretch Piriformis longsit



- Sit with one knee bent, ankle to inside of extended leg, as shown.
- Grasp knee and pull thigh across toward opposite shoulder.
- Relax and repeat with other leg.

Perform 4 sets of 12 second(s), three times a day.

Hold exercise for 12 Seconds.

Stretch Piriformis supine w/hip flx

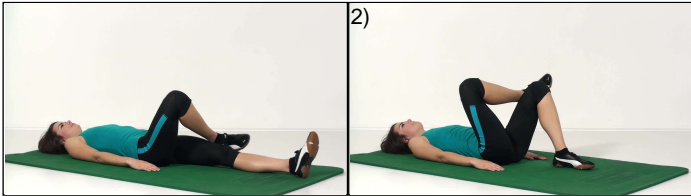


- Lie on back.
- Lift involved leg to chest and grasp knee with opposite hand.
- Gently pull your leg across chest to opposite shoulder while rotating leg inward until a stretch is felt deep in the buttocks.

Perform 4 sets of 12 second(s), three times a day.

Hold exercise for 12 Seconds.

Stretch hip/knee figure 4

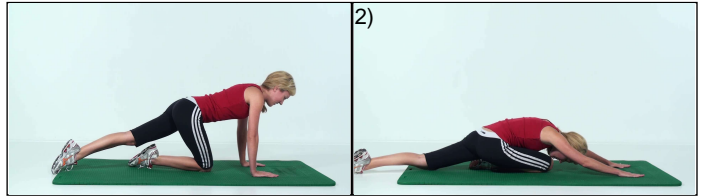


- Lie on back, knees bent.
- Move left ankle over right knee.
- Gently lift right knee up to chest until stretch is felt.
- Repeat with other leg.

Perform 4 sets of 12 second(s), three times a day.

Hold exercise for 12 Seconds.

Stretch Piriformis 4 point kneel



- Position on all fours.
- Place one leg under the other as shown.
- Rock backward until a stretch is felt in the buttocks.
- Hold stretch, relax and repeat.
- Repeat stretch with other leg.

Perform 4 sets of 12 second(s), three times a day.

Hold exercise for 12 Seconds.

Issued By: Michael Henry

These exercises are to be used only under the direction of a licensed, qualified professional or after consulting your physician.