

Figure 4 Piriformis Stretch



- Lie on your back with your knees bent and feet on the floor.
- To stretch the left side, cross your left leg over your right knee so that the left ankle is contacting the right knee.
- Grab a hold of your right thigh by reaching the left hand through the opening you have made between your legs and the right hand around the other side of the your thigh.
 - Pull the right knee toward your right shoulder.
 - You should feel the stretch in your left buttock.
 - Hold for 10-20 seconds.
 - Repeat on the opposite side.