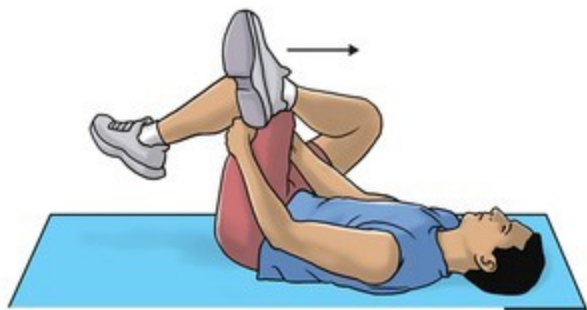


Piriformis Syndrome Rehabilitation Exercises



Gluteal stretch



Standing hamstring stretch



Resisted hip abduction



Plank



Prone hip extension with bent leg



Side plank



Clam exercise