

Piriformis Stretch



- Stand facing a table or other flat elevated surface.

- Place entire lower leg on the surface so that the outside of the lower leg is flat on the surface.

- You should feel a stretch deep within the buttock.



- Remember to keep your back straight and your hips square.

- Hold for 20-30 seconds.

- Repeat with opposite leg.

- For a deeper stretch, slightly bend the knee of the leg still touching the floor.

