

FIG 4 – PIRIFORMIS STRETCH

This exercise description will stretch the right piriformis.

Figure 1 – foot on wall

Lie on your back. Place your left foot on the wall (hip and knee should be around 90 degrees). Place your right foot onto your left knee, don't allow your knee to fall outward. **NOTE:** If this bothers your hip/buttocks try moving closer or further away from the wall until you find a comfortable position.

Soften by imagining your thighs sinking toward your hip, your abdomen sinking toward your spine, and your chest sinking toward your shoulder blades.

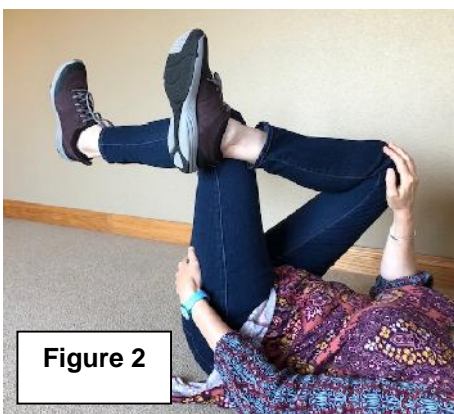
Slowly start to let your right knee open to the outside until any change in sensation (pull, tight, etc), stop, wait and breathe until it softens. Lightly press your right knee toward the wall with your hand. You will feel a stretch in your right buttocks.

Continue softening for a minimum of 90-120 seconds.



NOTE: If you aren't feeling sensation in the hip/buttocks then you can progress to Figure 2. Use a strap as needed to make the stretch easier.

Figure 2 – foot of wall



For additional stretch, slowly lift the left foot off of the wall as you bring your knee towards your chest. Stop when you feel any change in sensation, breathe, and soften.

Hold for a minimum of 90-120 seconds and follow the releases.