

Piriformis Stretch

Lay on your back with your knees bent, feet flat on the floor.

Cross one ankle over to the knee. The goal is to have your leg at a 90 degree angle to your body.

If you are unable to do this without shifting your hips, this is your starting point. Hold the stretch for a count of 30 seconds and then take a 10 second break. Repeat 2 more times.

If you can flatten your leg without shifting your hips, reach around the leg with the foot on the floor and pull it toward your chest. Hold 30 seconds and then take a 10 second break. Repeat 2 more times.

Stretch both sides even if only one side hurts.



Another option is the seated version.



While sitting cross one leg over the other so that one ankle is resting on the opposite thigh. Be sure to keep your hips even in the chair. Try to make your leg flat. If this stretches then hold for 30 seconds take a 10 second break. Repeat 2 more on both sides.