



Piriformis Stretch

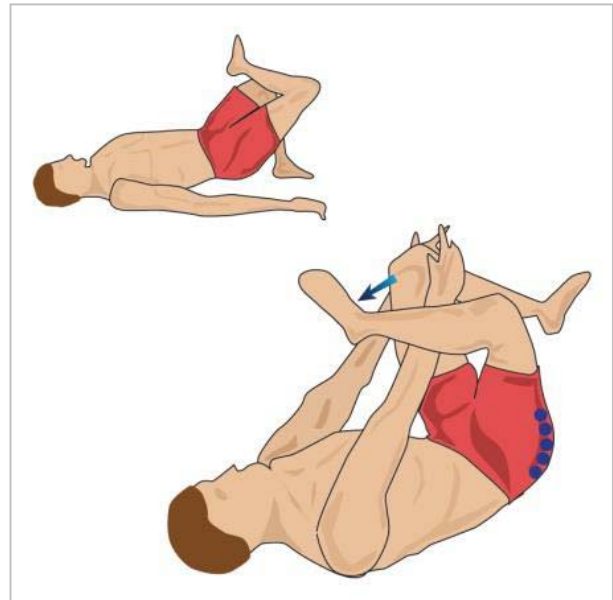
Instructions to stretch **right** Piriformis (Pigeon Stretch):

1. Always warm your muscles before exercising.
2. From a quadruped position with both hands and knees on the ground, bend right knee and place right thigh on the ground so that right foot is under the left shoulder.
3. Straighten the left leg behind your body.
4. Shift your body weight over the front leg until a stretch is felt in your right buttock.
5. Breathe out as you increase the stretch.



Instructions to stretch **right** Piriformis (Figure 4 Stretch):

1. Always warm your muscles before exercising.
2. While lying on your back, bend both knees so feet are flat on the floor.
3. Cross right ankle over left leg.
4. With both hands on your left knee, gently pull your left knee towards your chest until a stretch is felt in right buttock.
5. If your right knee hurts point right toes up.
6. Breathe out as you increase the stretch.





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Massage Therapy

Instructions to stretch **right** Piriformis (Standing Stretch):

1. Always warm your muscles before exercising.
2. Stand on left leg then lift right leg, bending right knee and bringing right foot upward toward hips.
3. Place right foot and leg on table.
4. Gently bend forward until a stretch is felt in right hip and buttock.
5. If your right knee hurts point right toes up.
6. Breathe out as your increase the stretch.



Instructions to stretch **right** Piriformis (Sitting Stretch):

1. Always warm your muscles before exercising.
2. Sitting upright with your back supported by a wall, straighten left leg out.
3. Cross the right leg over your left leg with your right foot flat on the ground.
4. Hug your right knee toward your chest while slightly turning your trunk toward the left leg until a stretch is felt in right hip and buttock.
5. If your right knee hurts point right toes up.
6. Breathe out as your increase the stretch.

