

Low back stretches, hip openers

Compiled by Dr. Paravicini, Panaceafamilyhealth.com

Piriformis Stretch:

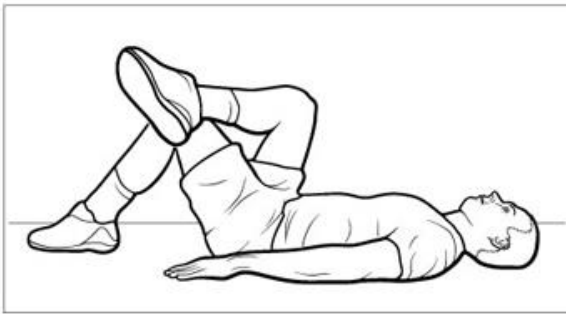


Fig. 1

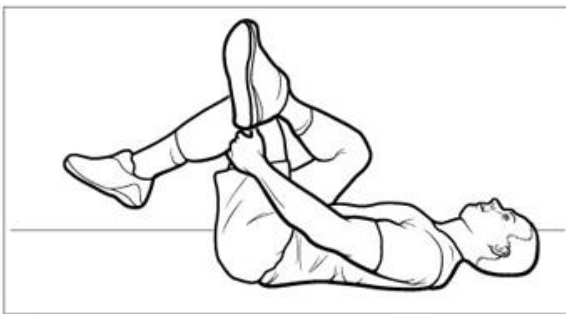
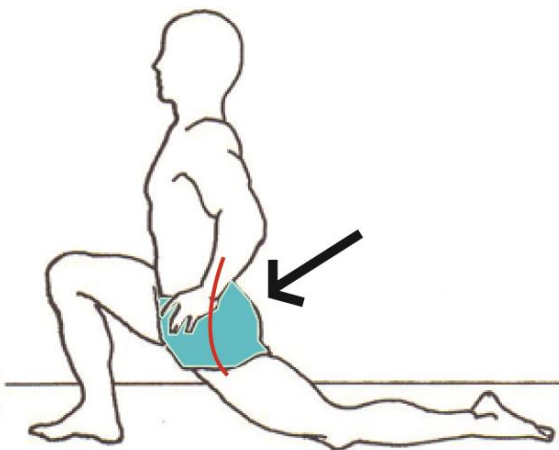


Fig. 2

Piriformis stretch: lace your hands behind the thigh and gently move legs toward you. The stretch is felt over the gluteus of the other side

Ilio Psoas Stretch:



Make sure to have knee over ankle to prevent hurting your knee, torso upward.

Red line is where you feel the stretch

