

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

## Piriformis Stretch:

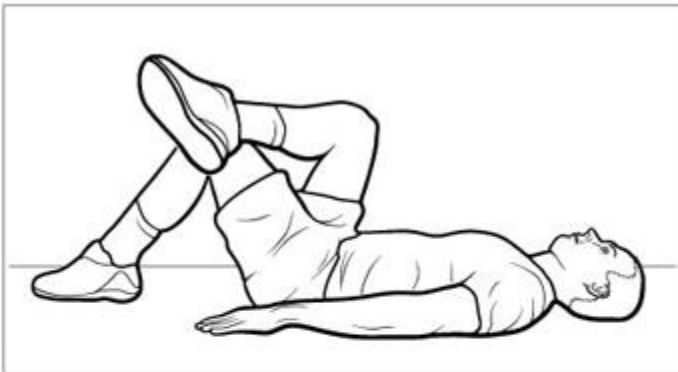


Fig. 1

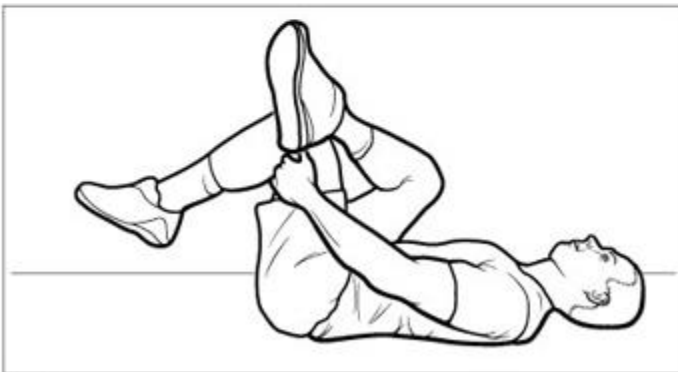
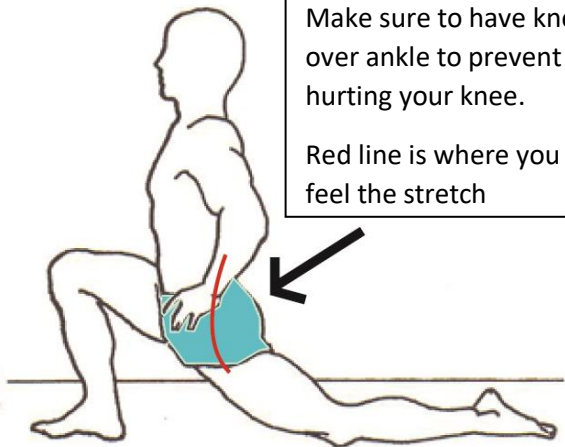


Fig. 2



Make sure to have knee over ankle to prevent hurting your knee.

Red line is where you feel the stretch

