



Piriformis Sequence

Lie on your back in neutral spine with your feet flat on the floor, hip width apart and finger tip distance away. Keep sacrum flat on the floor and still throughout the exercise. Cross your right foot over your left thigh. Push your right thigh diagonally forward and up with your right hand to increase stretch, hold for 30 seconds then release thigh. Bring left thigh towards your chest with your hands (remember to keep sacrum flat on floor) hold for 15-30 seconds. Still holding your left thigh, straighten the left leg towards the ceiling as much as possible. Push your left thigh into your hands to hold for a stretch. Open your arms onto the floor to make a cross with your body to see if you can maintain your left leg position in the air for 15 seconds. Place left foot in the starting position then lift your hips into the air to get a last stretch. Repeat with other leg.