

Supine Piriformis Stretch

1a. Lie on back with knees bent and feet flat on the floor. Cross left ankle over right knee.

1b. Reach hands behind right thigh and pull knee toward chest until a stretch is felt in the left buttock. To increase stretch, use left elbow to press left knee out to the side. Hold 45 seconds. Repeat on other side.

1a.



1b.



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2a.



Cradle 'L' Piriformis Stretch

2a & b. Sit tall with legs extended. Maintain slight arch in lower back. Cradling right calf and foot with both arms, lift the leg toward your chest until a stretch is felt in the right buttock. Hold 45 seconds. Repeat on other side.

HINT: If you are unable to sit up straight with legs extended, sit on small cushion .

2b.

