



Seated Hip External Rotation (Seated Piriformis)

Sit up straight with your right leg crossed on your left thigh (like a figure “4”). Your right ankle rest off the outside of the left thigh.

Feel your sits bones press down into the chair evenly as you press your right hand down and forward on your right thigh and your chest and spine lift upwards.

Seated Psoas Stretch

To stretch the right psoas sit perpendicular in the chair with your left buttocks on the chair and left arm holding the back of the chair. Reach right directly behind the right buttock. Pull in navel and lift chest up. You can add right arm up to continue the stretch up the body.