

**PIRIFORMIS STRETCH**

While lying on your back with both knee bent, cross your affected leg on the other knee.

Next, hold your unaffected thigh and pull it up towards your chest until a stretch is felt in the buttock.

Repeat 1 Time  
 Hold 1 Second  
 Complete 1 Set  
 Perform 1 Time(s) a Day



**PIRIFORMIS STRETCH - MODIFIED**

While lying on your back, hold your knee with your opposite hand and draw your knee up and over towards your opposite shoulder.

Repeat 1 Time  
 Hold 1 Second  
 Complete 1 Set  
 Perform 1 Time(s) a Day



**EXERCISE BALL - PIRIFORMIS STRETCH**

Start by lying on your back with one foot placed on the ball. Next, cross your other leg over the knee of the leg on the ball.

Next, gently roll the ball back towards your buttocks until a stretch is felt along your buttocks.

Repeat 1 Time  
 Hold 1 Second  
 Complete 1 Set  
 Perform 1 Time(s) a Day





## PIRIFORMIS AND HIP STRETCH - SEATED

While sitting in a chair, cross your affected leg on top of the other as shown.

Next, gently lean forward until a stretch is felt along the crossed leg.

Repeat 1 Time  
Hold 1 Second  
Complete 1 Set  
Perform 1 Time(s) a Day