

Piriformis Muscle Stretches

Patient Rehabilitation Sheet

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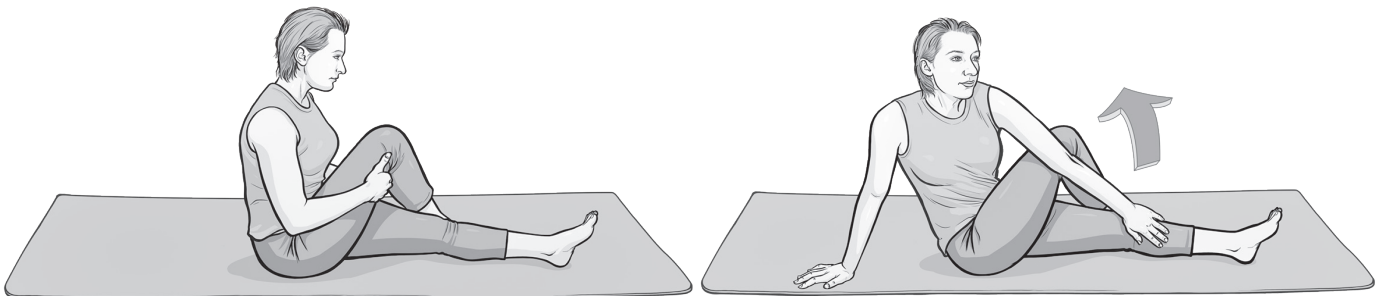
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Caution: Please consult your healthcare professional before you attempt these exercises.

Floor Piriformis Stretch 1

Perform twice a day

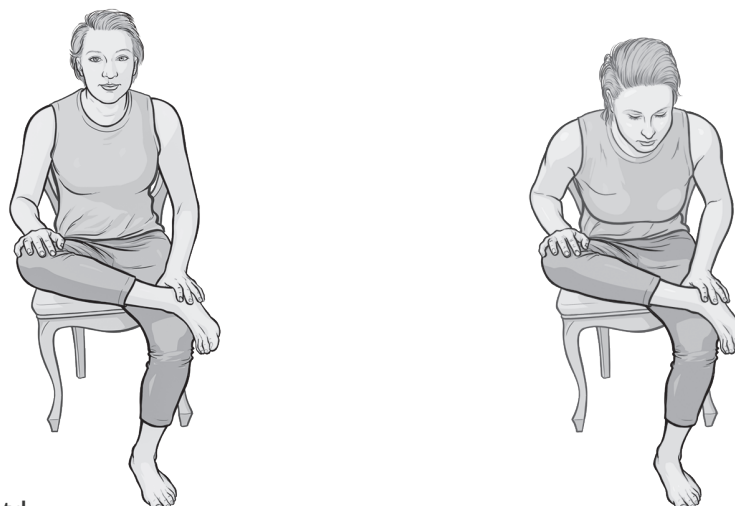
1. To stretch the right piriformis muscle, sit on the floor with your left leg straight and resting on the floor and your right knee bent and your right foot on the floor behind your left knee.
2. With your right hand providing support, twist your body to the right until to can place your left elbow against the outside of your right knee.
3. Now, push your left elbow against your right knee until you feel a maximum comfortable stretch at the back of the right hip. Hold this stretch for about 15 to 20 seconds.
4. Perform the same stretch on the left side.



Floor Piriformis Stretch 2

Perform twice a day

1. To stretch the right piriformis muscle, sit on a chair and place your right ankle just above your left knee allowing the leg to roll outwards at the hip. Rest your hands on your right knee and ankle.
2. While maintaining this position, lean your body forward until you achieve a maximum comfortable stretch at the back of your right hip. Hold this stretch for about 15 to 20 seconds.
3. Perform the same stretch on the left side.



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