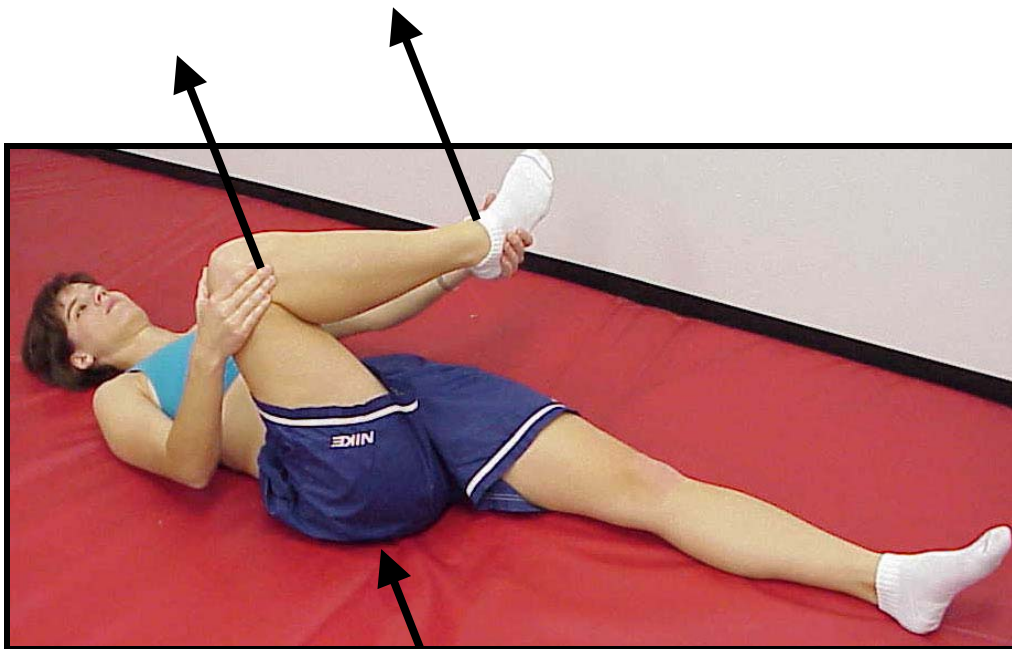


## PIRIFORMIS STRETCH

- Grasp your right leg with your hands as shown below.
- Bring your right leg up toward your left shoulder. You should feel a stretch in your right buttocks.
- Your therapist will help you adjust your right leg position to optimize the stretch.
- Hold this stretch for \_\_\_\_ seconds and repeat \_\_\_\_ times.



Feel the stretch somewhere in the buttocks (this will vary a little depending on the direction you pull upward on your leg).