

PIRIFORMIS STRETCH

Lie on your back and place your right foot just outside of your left knee.

Put your right hand on the right side of your pelvis to hold it down (not shown below).

Tighten the muscles of your left leg to keep it straight. With your left hand on the outside of your right knee, pull the right knee to the left. You should be able to feel a stretch along the outside of your right buttocks region.

If you do not feel the stretch in the right buttock, ask your therapist to help you adjust your position.

Hold this for _____ seconds and repeat _____ times.

**Feel the stretch in
your buttock.**

