

## PIRIFORMIS HOME EXERCISE PROGRAM

### Sitting Supine Piriformis Stretch with Foot on Ground

Reps: 5 Sets: 1 Hold (sec): 15 Weekly: 5x Daily: 2x



Step 1



Step 2

#### Setup

Begin sitting upright in a chair. Cross one leg over the other so that your ankle is resting on top of your opposite thigh.

#### Movement

Gently pull your bent knee across your body toward your opposite shoulder. You should feel a stretch through the back of your hip and buttocks.

#### Tip

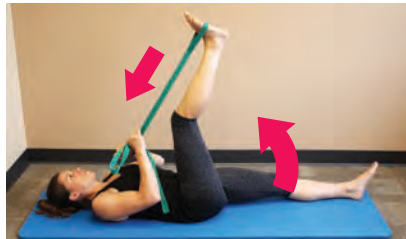
Try to not to arch your back or lean to one side as you stretch.

### Supine Hamstring Stretch with Strap

Reps: 5 Sets: 1 Hold (sec): 15 Weekly: 5x Daily: 2x



Step 1



Step 2

#### Setup

Begin by lying on your back with your legs straight and a strap secured on one foot, holding the end in your hands.

#### Movement

Use the strap to pull your leg up toward your body, feeling a stretch in your hamstrings.

#### Tip

You can have a slight bend in your knee but keep your foot straight. Make sure not to let your other leg lift off the ground.

### Supine Piriformis Stretch with Foot on Ground

Reps: 5 Sets: 1 Hold (sec): 15 Weekly: 5x Daily: 2x



Step 1



Step 2

#### Setup

Begin by lying on your back with both knees bent and feet resting flat on the ground. Cross one leg over the other so your foot is resting on your knee.

#### Movement

Grab your leg just below the knee and slowly draw it towards your opposite shoulder until you feel a stretch in your buttocks.

#### Tip

Do not allow your back to twist or bend excessively during the stretch.

## Prone Hip Extension

Reps: 10 Sets: 3 Hold (sec): 5 Weekly: 5x Daily: 2x



Step 1



Step 2

### Setup

Begin by lying on your stomach with both legs stretched straight behind you.

### Movement

Slowly lift one leg upward as far as you can without arching your low back, then lower it back to the starting position.

### Tip

Make sure to keep your knee straight and trunk steady during the exercise.

## Sidelying Hip Abduction

Reps: 10 Sets: 3 Hold (sec): 5 Weekly: 5x Daily: 2x



Step 1



Step 2

### Setup

Begin by lying on your side.

### Movement

Slowly lift your upper leg towards the ceiling then lower it back to the starting position.

### Tip

Make sure to keep your knee straight and do not let your hips roll backward or forward during the exercise.

## Clamshell

Reps: 10 Sets: 3 Hold (sec): 5 Weekly: 5x Daily: 2x



Step 1



Step 2

### Setup

Begin in a standing upright position with your arms resting at your sides.

### Movement

Lift one foot off the ground. Hold this position.

### Tip

Make sure not to roll your hips forward or backward during the exercise.

## Supine Bridge

Reps: 10 Sets: 3 Hold (sec): 5 Weekly: 5x Daily: 2x



Step 1



Step 2

### Setup

Begin lying on your back with your arms resting at your sides, your legs bent at the knees and your feet flat on the ground.

### Movement

Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.

### Tip

Make sure to keep your trunk stiff throughout the exercise and your arms flat on the floor.