

Piriformis Stretch



While sitting or lying on your back, bring your affected leg into a figure-4 position with ankle resting on top of unaffected knee. To tolerance, press your figure-4 knee towards the floor to level out the initial position. Then if you are sitting, you will lean your body forward and/or lifted the grounded foot heel upwards to feel a stretch in the back pocket. If you are lying face up, then you will wrap your hands behind your thigh and pull that leg into your chest (see bottom picture). Perform this stretch lightly and hold for up to 30 seconds breathing slowly into your belly.



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