

Supine Piriformis Stretch

INSTRUCTION: Duration 1 min

Lay on your back with both knees bent and feet flat on the ground. Cross one ankle over your opposite thigh (close to the knee). If a stretch is not yet felt grab your thigh and pull it towards your chest. This stretch should be felt in the buttock (piriformis muscle) of the leg that is crossed.



Hold for 30 seconds and repeat on other side.