



PIRIFORMIS STRETCH



Fig-1

Piriformis stretch- while lying on back with leg to be stretched in hip and knee bend position, take the knee towards opposite shoulder with the help of your hands. Alternatively as in 2nd pic, leg to be stretched is placed on opposite knee which is in hip-knee bend position . The bent knee is grasped from the thigh and pulled towards the chest to feel the stretch in opposite leg.

Hold/ rep



Fig-2