

UPSWING HEALTH

Piriformis Syndrome

Supine Piriformis Stretch

Cross legs with involved leg on top. Gently pull opposite knee toward chest until a stretch is felt in the buttocks. Perform 10 repetitions, holding for 5 seconds each side, 2-3 times a day.



Modified Piriformis Stretch

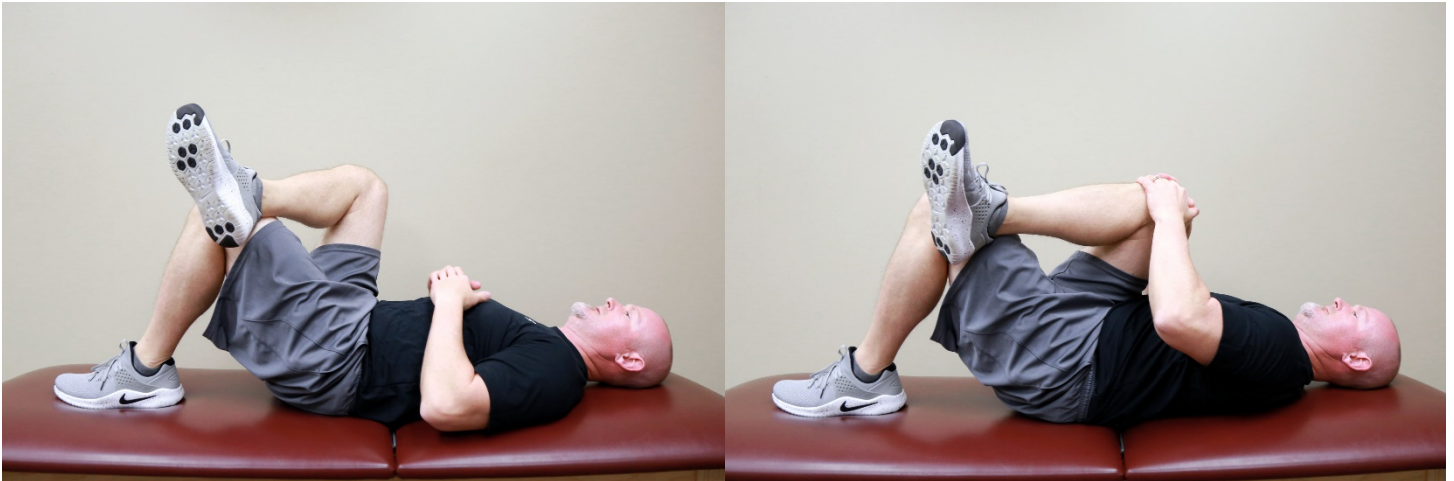
Cross involved leg over bent knee. Gently push knee down until a stretch is felt in the hip or buttocks. Perform 10 repetitions, holding for 5 seconds each side, 2-3 times a day.



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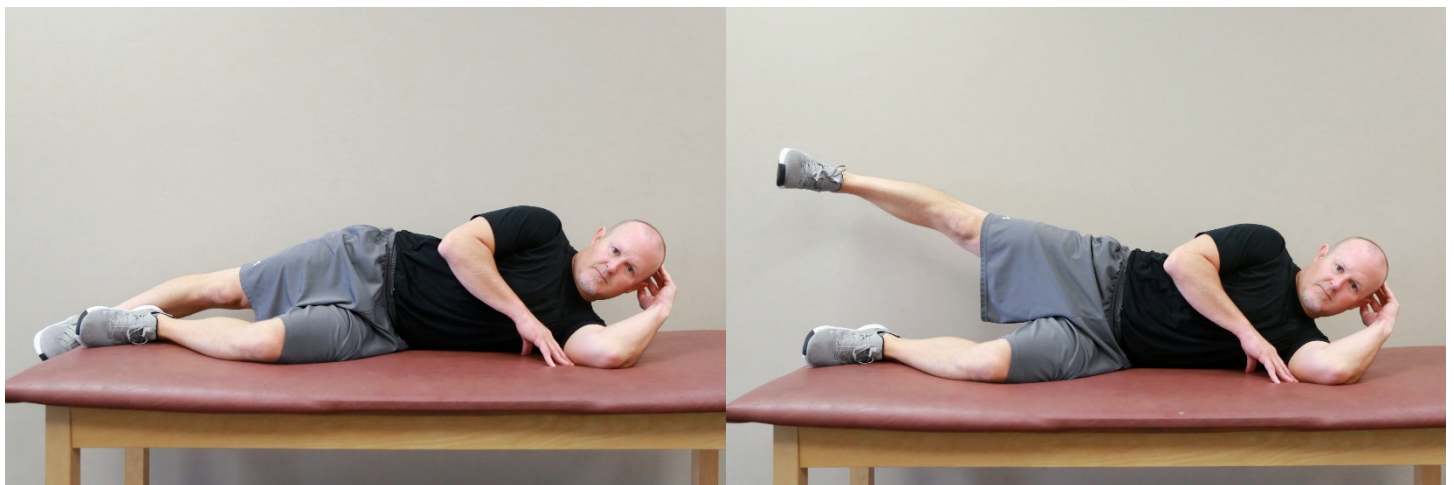
Gluteal Stretch

Cross involved leg over bent knee. Pull knee up and toward opposite shoulder until a stretch is felt in the hip or buttocks. Perform 10 repetitions, holding for 5 seconds each side, 2-3 times a day.



Sidelying Hip Abduction

Lie on your uninvolved side with your bottom knee bent. Position your top leg slightly forward and keep it straight. Lift your top leg upward and keep your foot horizontal to the floor. Do not let your hips rock or shift. Perform 2-3 sets of 10 repetitions, once a day.



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Clamshell

Lie on your uninvolved side with your knees bent and your pelvis rotated slightly forward. Keep your heels together. Rotate your top leg so that your knee turns upward. Stop before your hips/pelvis rock or shift. Perform 2-3 sets of 10 repetitions, once a day.

