

## PIRIFORMIS STRETCH - BASIC

While lying on your back with both knee bent, cross your affected leg on the other knee. Next, hold your unaffected thigh and pull it up towards your chest until a stretch is felt in the buttock. Repeat on opposite side.



Repeat 3 Times  
Complete 1 Set

Hold 20 Seconds

## PIRIFORMIS STRETCH - MODIFIED

If you encounter trouble performing the "Piriformis Stretch-Basic", this version might help. While lying on your back, hold your knee with your opposite hand and draw your knee up and over towards your opposite shoulder. Repeat on opposite side.

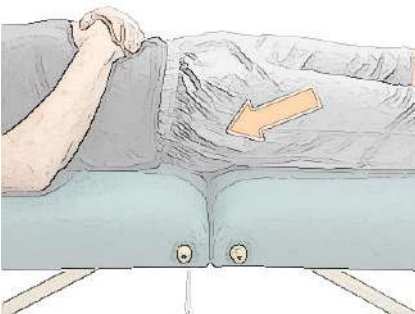


Repeat 3 Times  
Complete 1 Set

Hold 20 Seconds

## GLUTEAL SET

While lying on your back, squeeze your buttocks and hold. Repeat.



Repeat 10 Times  
Complete 1 Set

Hold 5 Seconds

### HIP ADDUCTION SQUEEZE

While lying on your back with your knees bent place a ball, rolled up towel or pillow between your knees and press your knees together so that you squeeze the object firmly. Hold and then release and repeat.



Repeat 10 Times  
Complete 1 Set

Hold 5 Seconds

### HAMSTRING STRETCH WITH TOWEL

While lying down on your back, hook a towel or strap under your foot and draw up your leg until a stretch is felt along the backside of your leg. Keep your knee in a straightened position during the stretch. Repeat on opposite side.



Repeat 3 Times  
Complete 1 Set

Hold 20 Seconds

### SCIATIC NERVE GLIDE

Start by lying on your back and holding the back of your knee. Next, attempt to straighten your knee. Lastly, hold this position and then bend your ankle forward and back as shown. Repeat on opposite side.



Repeat 5 Times  
Complete 1 Set

Hold 20 Seconds

### STRAIGHT LEG RAISE

While lying on your back, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground. Repeat on opposite side.



Repeat 10 Times  
Complete 1 Set

Hold 5 Seconds

### HIP ABDUCTION

While lying on your side, slowly raise up your top leg towards the sky. Keep your knee straight and maintain your toes pointed forward the entire time. Keep your leg in-line with your body. The bottom leg can be bent to stabilize your body. Repeat on opposite side.



Repeat 10 Times  
Complete 1 Set

Hold 5 Seconds

### STRAIGHT LEG RAISE - SLR EXTERNAL ROTATION

While lying or sitting, raise up your leg with a straight knee and your toes pointed outward. Repeat on opposite side.



Repeat 10 Times  
Complete 1 Set

Hold 5 Seconds



### SIDELYING CLAMSHELL - CLAM SHELL

While lying on your side with your knees bent, raise your top knee upwards while keeping your feet in contact the entire time. Lower back down and repeat. Do not let your pelvis roll back during the lifting movement. Repeat on opposite side.



Repeat 10 Times  
Complete 1 Set

Hold 5 Seconds



### SEATED MARCHING

While seated, lift your foot off the ground as you bend your knee. Lower back down and repeat on the opposite leg. Repeat this alternating movement.

Repeat 10 Times  
Complete 1 Set

Hold 5 Seconds



### PIRIFORMIS AND HIP STRETCH - SEATED

While sitting in a chair, cross your affected leg on top of the other as shown. Next, gently lean forward until a stretch is felt along the crossed leg. Repeat on opposite side.

Repeat 3 Times  
Complete 1 Set

Hold 20 Seconds

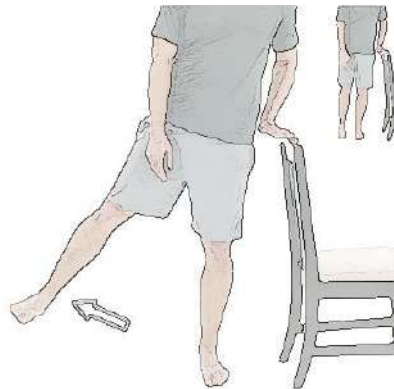


### SINGLE LEG STANCE

Stand on one leg and maintain your balance. Repeat on opposite side.

Repeat 5 Times  
Complete 1 Set

Hold 2 Minutes



### HIP ABDUCTION

While standing, raise your leg out to the side. Keep your knee straight and maintain your toes pointed forward the entire time. Use your arms for balance support if needed for balance and safety. Repeat on opposite side.

Repeat 20 Times  
Complete 1 Set

Hold 3 Seconds



### HIP EXTENSION

While standing, balance on one leg and move your other leg in a backward direction. Do not swing the leg. Perform smooth and controlled movements. Keep your trunk stable and without arching during the movement. Use your arms for support if needed for balance and safety. Repeat on opposite side.

Repeat 20 Times  
Complete 1 Set

Hold 3 Seconds