

November Exercise of the Month Piriformis Stretch

Purpose: To stretch the piriformis muscle

Primary Muscles: Piriformis (this muscle is layered beneath the gluteal muscles; it rests over the sciatic nerve and primarily functions with hip rotation and stabilization)

Equipment Needed: Mat or Chair (optional)

Start position:

- ❖ Lie on back with bent knees and feet resting flat on the floor
- ❖ Lift the right foot to cross the right ankle onto the left quadriceps
- ❖ Rotate the right knee outward

Stretch:

- ❖ Gently help the hip open by pressing lightly with the right palm against the right knee
- ❖ Slowly lift the left foot up, bringing the left quadricep/right ankle towards the chest
- ❖ Grab both hands under the left thigh to help hold the stretch 20 to 30 seconds, then release
- ❖ Be sure to keep shoulder blades and upper back resting flat on the floor during the stretch
- ❖ Complete two to three repetitions and switch legs

Seated Option (with chair):

- ❖ Sit tall in a chair with the feet on the floor and hold onto the sides of the chair
- ❖ Cross the right ankle onto the left thigh; if needed use hands to help position the ankle so that it rests on top of the thigh (not the knee)
- ❖ The right knee and shin should be close to parallel with the floor
- ❖ Lean forward with a flat back until you feel the buttocks stretching

Lying Stretch Option:

Start:



Stretch:



Seated Stretch Option:

Start:



Stretch:

