

## PIRIFORMIS STRETCHES



### SEATED FIGURE 4 STRETCH

- Bend one leg across the opposite knee, while the foot remains flat on the floor.
- Press down lightly on the crossed leg and lean slightly forward while keeping the back straight.
- You should feel a stretch in the hip of the leg that is crossed.

2-3 sets/side; hold stretch for 20-30 seconds



### **FIGURE 4 STRETCH**

- Lie on your back with both legs bent and cross one leg over onto the opposite knee.
- Use your hands to pull the leg that is not crossed up toward your chest.
- Pull behind the knee if you have history of knee pain or injury (grab behind the leg at the hamstring).
- You should feel a stretch into the hip.

2-3 sets/side; hold stretch for 20-30 seconds