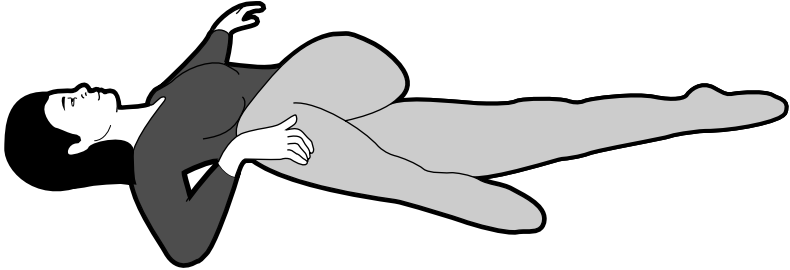


## HOME EXERCISE PROGRAM

### PIRIFORMIS STRETCH



**Purpose:** To stretch buttocks and lateral thigh musculature.

**Position:** Lying on the back, one leg straight and the other bent towards your chest.

**Action:** Pull the bent knee slowly across your body towards the opposite shoulder. Pull until you feel the stretch in the buttocks or side of the thigh. Maintain the stretch 30 seconds.

Repeat \_\_\_\_\_ times each leg.

\_\_\_\_\_ times a day.