



Standing Piriformis (Buttock) Stretch

Hold all stretches for 1-2 minutes and repeat 2-3 times. Always stretch after your workout, class or performance. Remember to breathe and go to the point of stretch, not to the point of pain or discomfort.



Figure A



Figure B

Starting Position: Standing at table of hip height, place right leg on table with knee bent and the hip externally rotated so the outer low leg resting on the table. The standing leg is in parallel and the torso is square to the working leg (Figure A).

Hinge forward from the hips with the back straight and rest your hands on the mat (Figure B). All motion comes from the hips, so the spine should not be curved or arched.

Then perform the same stretch with the standing foot turned out with the body facing in the direction the toes are pointing (Figure C). Then hinge forward from the hip with the back straight (Figure D).

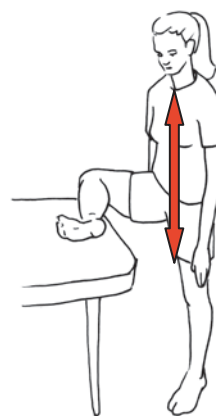


Figure C



Figure D



Figure E



Figure F

Last, perform the same stretch with the standing foot turned in with the body facing in the direction the toes are pointing (Figure E). Then hinge forward from the hip with the back straight (Figure F).

Hold each position for at 1-2 minutes, holding for the longest in whichever position is tightest for you. You should feel this stretch in your right buttock. Reverse the stretch with your left leg on the mat to stretch the left buttock.