

Hip Stretch

Sit on floor as shown with both front and back legs bent at 90-degree angles. Keeping your upper back straight and a nice curve in your lower back (stick butt out by extending hips) bring your chest to your forward knee as much as possible and hold for at least 30 seconds. Repeat for opposite side.



Supine Piriformis Stretch (Piriformis, Gluts)

Lie flat on your back and bend your right knee 90-degrees and use your right hand to pull your thigh across your body so that your right knee is pointing at the left shoulder. Use your left hand to grasp your ankle (can use a towel if necessary) and pull the ankle toward the floor. Hold for at least 30 seconds. Repeat for the opposite leg.

