



## Piriformis Stretch

If you are experiencing a back pain and a buttock pain on one side of your body, possibly even a hip pain and a pain down the leg, you might be suffering from a piriformis syndrome. I'm going to demonstrate some really effective exercises for you to stretch your piriformis muscle. I'm going to start off easy and end up a bit more intense. You can do this at home, and it will relieve the pressure on the sciatic nerve and relieve the pressure on your back, your buttocks, and in your leg as well.

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### Exercise 1 - Seated Piriformis Stretch Right Side



- 1 - Sit upright in a supporting chair.
- 2 - Place your right ankle on your left knee.
- 3 - Ensure your knee drops down.
- 4 - Lean forward, you should start feeling this in the right buttocks, your lower back, and the back of your right upper leg in the hamstring area.



If you can't feel a pull in any of the above areas, what you can do next is...



- 1 - Use your right elbow to push your right knee down.
- 2 - Lean forwards into the stretch.
- 3 - Now as you feel the pull in your right buttocks area, hip, lower back, or the back of your upper leg, continue to push this forward.



If you can't feel a pull in any of the above areas, what you can do next is...

## Exercise 1 - Seated Piriformis Stretch Right Side *continued*



- 1 - Use your right elbow to push your right knee down.
- 2 - Lean forwards into the stretch.
- 3 - If you can now feel the pull in your right buttocks area, hip, low back, or the back of your upper leg, continue to push this forward.
- 4 - Pushing forward, rotate your left shoulder towards the right side.
- 5 - Hold for 10 seconds.
- 6 - Repeat 5 – 10 times.
- 7 - Repeat 3 to 4 times a day.



Repeat the whole process on the opposite leg, focusing on the left side.



## Exercise 2 - Laying Down Right Side Piriformis Stretch



- 1 - Lay on a flat surface adjacent to a wall.
- 2 - Place your left leg up against the wall, straight knee.
- 3 - Position your right ankle over your left knee.
- 4 - Bend this leg, you should feel the stretch in your right buttocks area.
- 5 - If you don't feel the pull in this area, add a bit of push.
- 6 - You now should feel the stretch in your buttocks area, your lower back, might even be again, in the back of your hamstrings.

If you can't feel a pull in any of the above areas, what you can do next is...



## Exercise 2 - Laying Down Right Side Piriformis Stretch

*continued*



- 1 - Grab your leg and you pull it towards you.
- 2 - Make sure you don't put your head up and get too much tension in your body.
- 3 - Pull your leg towards you as much as you can.
- 4 - Hold the pull for 10 seconds.
- 5 - Repeat 5 – 10 times.
- 6 - Repeat 3 to 4 times a day.



If you can't reach your knee or you can't reach your upper leg, what you can do is you can use a towel. Just place a towel around your leg. Place your right ankle on top. And all you do now is using the towel to create a little bit of pull.



- 1 - Grab your leg and you pull it towards you.
- 2 - Make sure you don't put your head up and get too much tension in your body.
- 3 - Pull your leg towards you as much as you can.
- 4 - Hold the pull for 10 seconds.
- 5 - Repeat 5 – 10 times.
- 6 - Repeat 3 to 4 times a day.



Repeat the whole process on the opposite leg, focusing on the left side.

## Exercise 3 - Self-massage Technique



- 1 - Get a tennis ball.
- 2 - Sit upright on a flat surface.
- 3 - Place your right foot underneath your left leg.
- 4 - Place the ball under your piriformis muscle, pushing yourself up a little bit.
- 5 - Rotate your buttocks, keeping your muscle over the ball and do a self-massage.
- 6 - Rotate for 10 seconds.
- 7 - Repeat 5 – 10 times.
- 8 - Repeat 3 to 4 times a day.



## Exercise 3 - Self-massage Technique *continued*

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For an even more intense self massage technique

- 1 - Place your right ankle on top of your left knee.
- 2 - Push yourself up.
- 3 - Place the ball under your piriformis muscle, pushing yourself up a little bit.
- 4 - Rotate your buttocks, keeping your muscle over the ball and do a self-massage.
- 5 - Rotate for 10 seconds.
- 6 - Repeat 5 – 10 times.
- 7 - Repeat 3 to 4 times a day.

Repeat the whole process on the opposite leg, focusing on the left side.

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Scan to watch  
the video



Link to video:

[https://m.youtube.com/watch?v=R\\_GXQ77a9pU&feature=youtu.be](https://m.youtube.com/watch?v=R_GXQ77a9pU&feature=youtu.be)

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