

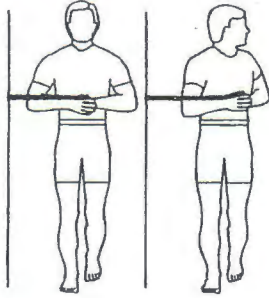
Piriformis Syndrome Exercises

Resist Hip ER Stand w/Elastic

Special Instructions

Use green elastic

- Attach elastic to secure object at waist level.
- Grasp elastic with both hands in front of waist, involved side toward the elastic.
- Stand on involved leg, toe touching for balance with uninvolved leg.
- Twist trunk away from elastic as shown.
- Perform 3 sets of 20 repetitions, once every other day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds

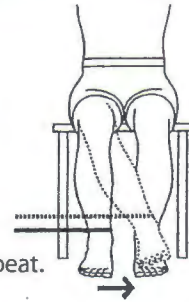


Resist Hip w/Elastic

Special Instructions

Use green elastic

- Attach elastic to secure object at ankle level.
- Loop elastic around ankle, positioned as shown.
- Pull ankle inward.
- Return to starting position and repeat.
- Perform 3 sets of 210 repetitions, once every other day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds

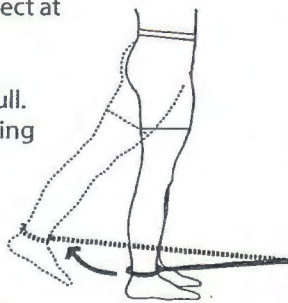


Resist Hip Extension Stand w/Elastic

Special Instructions

Use green elastic

- Attach elastic to secure object at ankle level.
- Loop around ankle.
- Stand, facing toward the pull.
- Extend leg backward, keeping knee straight.
- Return to start position.
- Perform 3 sets of 20 repetitions, once every other day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds

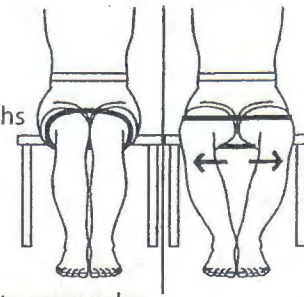


Resist Hip Abduction Sit w/Elastic

Special Instructions

Use green elastic

- Sit on chair.
- Loop elastic around thighs near the knees.
- Keep ankles together spread knees apart.
- Return to start position and repeat.
- Perform 5 sets of 1 minute, once a day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds



Signature _____

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Piriformis Syndrome Exercises

Stretch Piriformis Longsit

- Sit with right knee bent, right ankle to outside of left leg.
- Grasp knee and pull thigh across chest toward left shoulder.
- Relax, repeat with left leg.
- Perform 1 set of 10 repetitions, twice a day.
- Hold exercise for 10 seconds.

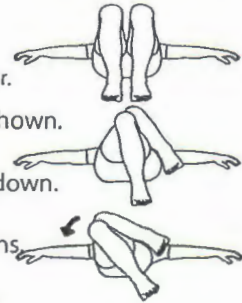


Stretch IT Band Supine Hip Rotation

Special Instructions

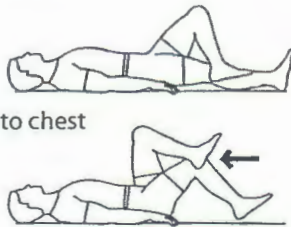
Stretch only to within your limits
Do not try to push knee all the way to the floor.
Keep back and hips level with floor.

- Lie on back, knees bent, as shown.
- Lift right leg over left knee.
- Use right leg to pull left leg down.
- Repeat with other leg.
- Perform 1 set of 10 repetitions, twice a day.
- Hold exercise for 10 seconds.



Stretch Hip/Knee

- Lie on back, knees bent.
- Move left ankle over right knee.
- Gently left right knee up to chest until stretch is felt.
- Repeat with other leg.
- Perform 1 set of 10 repetitions, twice a day.
- Hold exercise for 10 seconds.



Stretch Piriformis Supine Crossed Leg

- Lie on back, right knee bent, right ankle across left leg.
- Place right hand on hip to keep pelvic area flat on floor.
- Grasp knee and pull thigh inward while actively trying to move right knee inward until a stretch is felt in the right buttocks area.
- Relax and repeat with left leg.
- Perform 1 set of 10 repetitions, twice a day.
- Hold exercise for 10 seconds.



Signature _____

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