



PIRIFORMIS & ADDUCTOR STRETCH INSTRUCTIONS

Piriformis Stretch

Lay flat as pictured with knees bent.

To stretch the right side, place your right leg over the left thigh as shown.

Grab under the bottom knee with both hands and slowly pull towards you until a good stretch is felt in the hip. Gradually pull more to increase the stretch as the hip relaxes.

Hold for _____ seconds.

Repeat _____ times, _____ times per day. Do both sides.



Adductor Stretch

Sit as shown with feet together. Slowly push knees toward the floor until a good stretch is felt in the inner thighs. Hold for _____ seconds. Repeat _____ times, _____ times per day.