



PIRIFORMIS Stretches



Benefits of Piriformis Stretches:

- Less hip and glute pain
- Improved posture
- Increased flexibility
- Better movement and balance
- May help reduce tension and stress

A more comfortable you!

Release Tension ♥ Improve Mobility ♥ Feel Better

1 Figure 4 Stretch Classic Piriformis Stretch



- Lie on your back with both knees bent.
- Cross one ankle over the opposite knee.
- Gently pull the uncrossed thigh toward your chest until you feel a stretch in your glute/hip.
- Hold for 20–30 seconds.
- Repeat on the other side.

2 Seated Piriformis Stretch Great for Any Time

- Sit in a sturdy chair.
- Cross one ankle over the opposite knee.
- Gently lean forward from your hips, keeping your back straight.
- Hold for 20–30 seconds.
- Repeat on the other side.



3 Supine Twist Stretch Gentle Hip Release



- Lie on your back with both knees bent.
- Let both knees fall to one side while keeping your shoulders on the floor.
- You may place the opposite hand on your knee for a deeper stretch.
- Hold for 20–30 seconds.
- Repeat on the other side.

4 Knee to Opposite Shoulder Targets the Piriformis Deeply



- Lie on your back.
- Bring one knee toward the opposite shoulder (across your body).
- Keep the other leg extended on the floor.
- Hold for 20–30 seconds.
- Repeat on the other side.

5 Pigeon Pose (Modified) Deep Hip Opener



- Start on your hands and knees.
- Bring one knee forward and place it behind your wrist (or toward the opposite wrist).
- Extend the other leg back.
- Keep your hips square and gently lean forward.
- Hold for 20–30 seconds.
- Repeat on the other side.

6 Figure 4 Lean (Standing) Quick Relief Anytime

- Stand tall and cross one ankle over the opposite knee (like a figure 4).
- Gently lean forward, keeping your back straight.
- You'll feel a stretch in your hip and glute.
- Hold for 20–30 seconds.
- Repeat on the other side.



These stretches can help reduce hip and glute tension, improve flexibility, and support a healthier, more active you.

Always listen to your body. Stop if you feel pain. If you have an injury or medical condition, consult your healthcare provider before starting a new stretch routine.

Move Better ♥ Feel Better ♥ Live Better

Your Well-Being Matters ♥