

## 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.