

Piriformis and Gluteal Stretches

The Piriformis is a muscle located under your gluteal muscles. When this muscle becomes tight or spasms it is responsible for compressing the sciatic nerve and sending pain, tingles and numbness in the buttocks and down the leg. These stretches are designed to help stretch your piriformis and gluteal muscles. They are shown in order from easiest to most difficult. They should be done daily for **3 sets of 15-20 second holds**.

Start by sitting upright in a sturdy chair. Cross one leg on top of the other to form a figure four with your legs. Slowly lean forward until you start to feel a stretch in your hip/buttocks region and hold for 15 to 20 second. Repeat this process with you other leg.



1



Start by laying on the ground with your heels on the wall . Cross one leg over the other to form a figure four with your legs. Slowly bring the leg that is still on the wall down so that the sole of your foot is now on the wall and hold for 15 to 20 seconds. Repeat this process with your other leg.



2



Start by laying on the ground with you feet on the floor and your knees up. Cross your right leg over your left to form a figure four with your legs. Reach through the “hole” you made with you legs with you right hand and grab you left knee. Slowly pull your knee towards you until you feel a stretch in you hip/buttocks region and hold for 15 to 20 seconds. Repeat this process with your other leg.



3

