COMMENTS:
The First 3 Stretches are similar. Do whatever one feels more effective or convenient (not all of them).

**SEATED PIRIFORMIS STRETCH**
While sitting in a chair, cross your leg with the ankle of one foot on the knee of the other.

Next, pull the top knee upward towards your opposite shoulder for a stretch.

Repeat 3 Times
Hold 30 Seconds
Perform 2 Times a Day

**STANDING PIRIFORMIS STRETCHING**
Place your leg on top of a table top as shown. If a stretch in your buttock is not felt you can lean forward to increase the stretch.

Repeat 3 Times
Hold 30 Seconds
Perform 2 Times a Day

**PIRIFORMIS STRETCH**
While lying on your back with both knee bent, cross your affected leg on the other knee.

Next, hold your unaffected thigh and pull it up towards your chest until a stretch is felt in the buttock.

Repeat 3 Times
Hold 30 Seconds
Perform 2 Times a Day
LUNGE
Start by standing with feet shoulder-width-apart. Next, take a step forward and slightly out to the side and allow your front knee to bend. Your back knee may bend as well. Then, return to original position, or you may walk and take a step forward and repeat with the other leg.

Keep your pelvis level and straight the entire time.

Your front knee should bend in line with the 2nd toe and not pass the front of the foot.

Repeat 3 Times
Hold 30 Seconds
Perform 2 Times a Day

FOAM ROLL - GLUTE - PIRIFORMIS
Start by sitting on a foam roll and cross your affected leg on top of your other knee as shown. Lean slightly towards your affected side.

Next, using your arms and unaffected leg, roll forward and back across your buttock area.

Hold 2 Minutes
Perform 1 Times a Day

GLUTE ROCKING WITH BALL - SELF MASSAGE
Lie on your back and place a small ball, such as a tennis ball or golf ball under your buttock. Next, rock your pelvis from side-to-side over the ball for a deep tissue massage.

Hold 2 Minutes
Perform 1 Times a Day

COMMENTS:
These exercises are being used to restore strength in the gluteal muscles.
**BRIDGING**

While lying on your back with knees bent, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat.

Repeat 10 Times  
Hold 10 Seconds  
Perform 1 Times a Day

**SIDELYING REVERSE CLAM SHELL - REVERSE CLAMSHELL**

While lying on your side with your knees bent, raise your top foot towards the ceiling while keeping contact of your knees together. Then, lower back down to original position.

Do not let your pelvis roll forward during the lifting movement.

Repeat 10 Times  
Hold 10 Seconds  
Perform 1 Times a Day

**SIDELYING CLAMSHELL - CLAM SHELL**

While lying on your side with your knees bent, draw up the top knee while keeping contact of your feet together.

Do not let your pelvis roll back during the lifting movement.

Repeat 10 Times  
Hold 10 Seconds  
Perform 1 Times a Day
Standing March: Neutral Pelvis

Use a mirror for feedback.

Raise on thigh while doing your best to keep your pelvis neutral. Minimize any shifting from left to right.

When walking try to recreate this feeling. Poor pelvic control with walking can lead to increase strain at the gluteal muscles, including the much talked about Piriformis muscle.

Repeat 10 Times
Hold 10 Seconds
Perform 1 Times a Day