

Piriformis Stretch on Mat “Pigeon stretch”

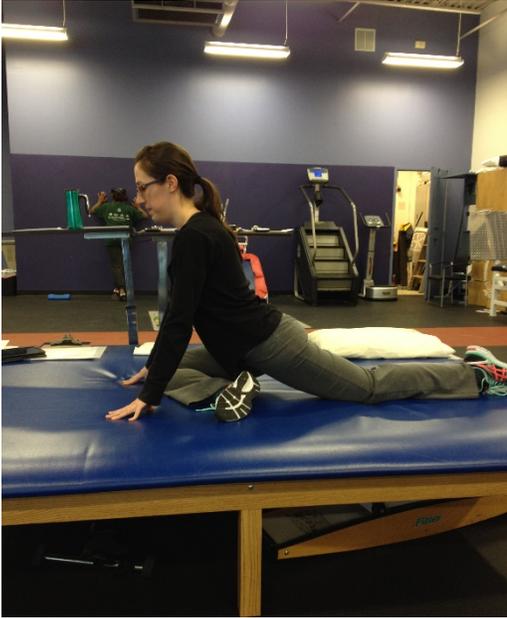
Step 1: Start in hands and knee position.



Step 2: Leg being stretched should come forward, bending knee and bringing ankle toward opposite wrist. Opposite leg should be straightened and brought back.



Step 3: Shift hips backwards into sitting position to feel stretch along front leg piriformis and back leg hip flexor.



Hold 30 seconds, repeat 3 times.