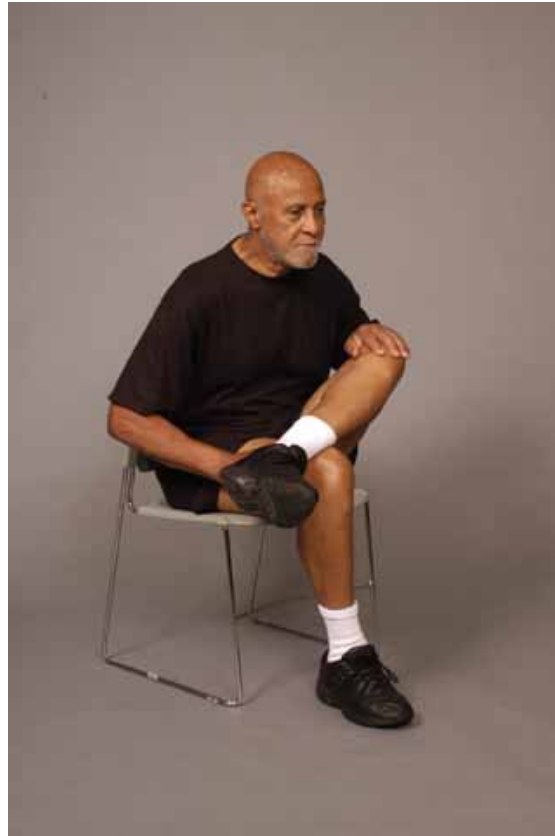


Piriformis Stretch:

Stretches the piriformis muscle in your buttocks



Instructions:

Sit in a sturdy chair. Place the ankle of the leg you want to stretch over the opposite knee in a "figure 4" position. Lean forward from your hips until you feel a stretch in your buttock. Hold 10-15 seconds and slowly return. Repeat 3 to 5 times a day.

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