

## Piriformis Syndrome Rehabilitation Exercises

You may do all of these exercises right away.

1. Piriformis stretch: Lie on your back with both knees bent and the foot on your uninjured side flat on the floor. Rest the ankle of your injured leg over the knee of your uninjured leg. Grasp the thigh of your uninjured leg and pull that knee toward your chest. You will feel a stretch along the buttocks and possibly along the outside of your hip on the injured side. Hold this for 30 seconds. Repeat 3 times.



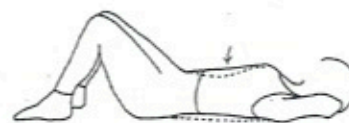
Piriformis stretch



Standing hamstring stretch

2. Standing hamstring stretch: Place the heel of your injured leg on a stool about 15 inches high. Lean forward, bending at the hips until you feel a mild stretch in the back of your thigh. Hold the stretch for 30 to 60 seconds. Repeat 3 times.

3. Pelvic tilt: Lie on your back with your knees bent and your feet flat on the floor. Tighten your abdominal muscles and flatten your spine on the floor. Hold this position for 5 seconds, then relax. Repeat 10 times. Do 3 sets.



Pelvic tilt



Partial curl

4. Partial curls: Lie on your back with your knees bent and your feet flat on the floor. Clasp your hands behind your head to support it. Keep your elbows out to the side and don't pull with your hands. Slowly raise your shoulders and head off the floor by tightening your abdominal muscles. Hold this position for 3 seconds. Return to the starting position. Repeat 10 times. Build up to 3 sets.
5. Prone hip extension: Lie on your stomach. Tighten up your buttocks muscles and lift your right leg off the floor about 8 inches. Keep your knee straight. Hold for 5 seconds and return to the starting position. Repeat 10 times. Do 3 sets on each side.



Prone hip extension