



THE HOUSE OF
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Piriformis. Sit up with your left leg out straight, and your right leg crossed over at about the knee joint, placing the foot flat on the floor.

Using your right arm, pull the bent left leg slowly across, until you feel the stretch in the right buttock region.

Simply reverse both leg and arm to do the other side.



Piriformis (Buttocks) Stretch. While lying on your back with knees bent and feet on the floor, cross one leg completely over the other. Gently pull opposite knee towards your chest until you feel a stretch in the buttock area of the knee on top. Hold stretch for 20-30 seconds and repeat 3 times on each leg.

