

Piriformis Stretch in Sitting



- Sit toward the front edge of the chair.
- In order to stretch the left piriformis, cross the left ankle onto the right knee (vice-versa to stretch the right side).
- Hold onto the knee and ankle in order to stabilize them.
- Lift the sternum (breastbone), sit up straight and maintain the curve in the low back.
- Gently lean forward to increase the stretch. A stretch should be felt in the left buttock region.
- The degree of stretch may also be modified by pulling up or pushing down on the knee. (arrow)

For other versions of this stretch, also refer to:

- * Piriformis Stretch in Lying—Active Stretch
- * Piriformis Stretch in Lying—Passive Stretch

Unless otherwise indicated below, perform this stretch periodically throughout the day and hold it for 30 seconds each time. Try to do the stretch about 6 times daily. It is good practice to stretch both sides.

Repetitions: _____ Sets: _____ Repeat _____ times daily.

Hold time: _____ Other instructions: