# Piriformis Syndrome Exercises

**Stretch Piriformis Longsit**
- Sit with right knee bent, right ankle to outside of left leg.
- Grasp knee and pull thigh across chest toward left shoulder.
- Relax, repeat with left leg.
- Perform 1 set of 10 repetitions, twice a day.
- Hold exercise for 10 seconds.

**Stretch Hip/Knee**
- Lie on back, knees bent.
- Move left ankle over right knee.
- Gently lift right knee up to chest until stretch is felt.
- Repeat with other leg.
- Perform 1 set of 10 repetitions, twice a day.
- Hold exercise for 10 seconds.

**Stretch IT Band Supine Hip Rotation**
- Lie on back, knees bent, as shown.
- Lift right leg over left knee.
- Use right leg to pull left leg down.
- Repeat with other leg.
- Perform 1 set of 10 repetitions, twice a day.
- Hold exercise for 10 seconds.

**Stretch Piriformis Supine Crossed Leg**
- Lie on back, right knee bent, right ankle across left leg.
- Place right hand on hip to keep pelvic area flat on floor.
- Grasp knee and pull thigh inward while actively trying to move right knee inward until a stretch is felt in the right buttocks area.
- Relax and repeat with left leg.
- Perform 1 set of 10 repetitions, twice a day.
- Hold exercise for 10 seconds.

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*These exercises are to be used only under the direction of a licensed, qualified professional.*
<table>
<thead>
<tr>
<th>Exercise</th>
<th>Description</th>
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| Resist Hip ER Stand w/Elastic                | **Special Instructions** Use green elastic  
- Attach elastic to secure object at waist level.  
- Grasp elastic with both hands in front of waist, involved side toward the elastic.  
- Stand on involved leg, toe touching for balance with uninvolved leg.  
- Twist trunk away from elastic as shown.  
- Perform 3 sets of 20 repetitions, once every other day.  
- Rest 1 minute between sets.  
- Perform 1 repetition every 4 seconds |
| Resist Hip w/Elastic                         | **Special Instructions** Use green elastic  
- Attach elastic to secure object at ankle level.  
- Loop elastic around ankle, positioned as shown.  
- Pull ankle inward.  
- Return to starting position and repeat.  
- Perform 3 sets of 210 repetitions, once every other day.  
- Rest 1 minute between sets.  
- Perform 1 repetition every 4 seconds |
| Resist Hip Extension Stand w/Elastic         | **Special Instructions** Use green elastic  
- Attach elastic to secure object at ankle level.  
- Loop around ankle.  
- Stand, facing toward the pull.  
- Extend leg backward, keeping knee straight.  
- Return to start position.  
- Perform 3 sets of 20 repetitions, once every other day.  
- Rest 1 minute between sets.  
- Perform 1 repetition every 4 seconds |
| Resist Hip Abduction Sit w/Elastic           | **Special Instructions** Use green elastic  
- Sit on chair.  
- Loop elastic around thighs near the knees.  
- Keep ankles together spread knees apart.  
- Return to start position and repeat.  
- Perform 5 sets of 1 minute, once a day.  
- Rest 1 minute between sets.  
- Perform 1 repetition every 4 seconds |