

CROSS UNDER PIRIFORMIS STRETCH WITH STABLE PELVIS



17 A: Beginner



17 B: Intermediate



17 C: Advanced

Purpose: Release piriformis, posterior hip capsule, SI Joint, and contra lateral hip flexor.

Benefit: Improved hip rotation during backswing and follow through.

Instruction: **A:** Begin on hands and knees, cross leg under body so that foot is along outside of opposite knee.
B: Begin on hands and knees, reach back with the straightened leg and/or lower your upper body to rest on your elbows until you feel an outer hip stretch in the bent leg.
C: Begin on hands and knees, you can increase the stretch by reaching forward with both arms and/or reach farther back with the straightened leg.

Quantity: Hold _____ _____ reps hip(s) _____

