

16 B+C: PIRIFORMIS STRETCH 90/90



16 B: Leg Down



16 C: Leg Up

- Purpose:** Release piriformis, groin muscles and posterior hip capsule tightness.
- Benefit:** Promote improved hip internal rotation during backswing and follow-through.
- Instruction:** **B:** Lay on back, cross one leg over opposite thigh to feel a stretch in outer hip, thigh and buttocks. You may increase the stretch by pushing the crossed knee away from you.
- C:** Advance the stretch by pulling the leg off the floor, bringing that knee toward your chest.
- Quantity:** Hold _____ _____ reps side(s) _____

