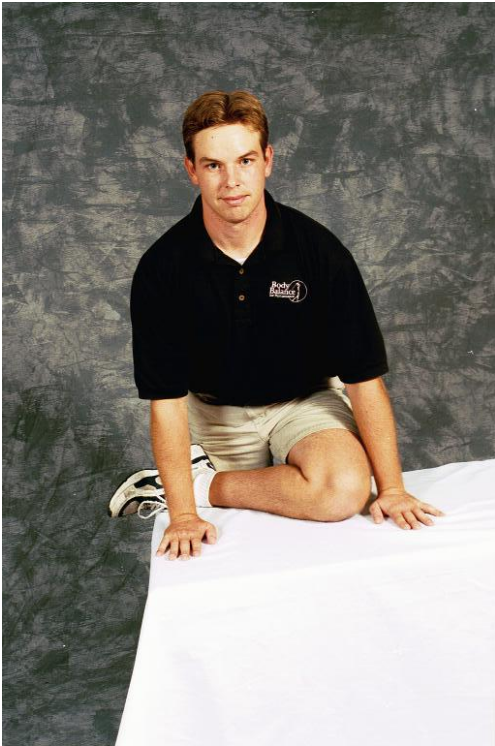


STANDING PIRIFORMIS STRETCH



21 A: Front



21 B: Side

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

Benefit: Improved hip rotation during backswing and follow through.

Instruction: Rest bent leg on table/counter, lean body forward maintaining neutral spine until you feel an outer hip stretch in the bent leg.

Quantity: Hold _____ _____ reps hip(s) _____