



## 16 B+C: Piriformis Stretch 90/90

### Purpose:

Release Piriformis, groin muscles and posterior hip capsule tightness.

### Benefit:

Promote improved hip internal rotation during backswing and follow through.

### Instructions:

**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 \_\_\_\_\_ minutes \_\_\_\_\_ reps, side(s) \_\_\_\_\_

