



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) _____

