



## 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:

Lay on back, with one lower leg on ball and that knee bent to 90°. Cross other leg over opposite thigh to feel a stretch in outer hip, thigh and buttocks. Increase the stretch by moving ball closer toward you or pushing the crossed knee toward the ball.

### Quantity:

Hold \_\_\_\_\_ minutes \_\_\_\_\_ side(s) \_\_\_\_\_ reps.

