



Standing Piriformis Stretch

Purpose:

Release Piriformis, posterior hip capsule, SI Joint, and contra lateral hip flexor.

Benefit:

Improved hip rotation during backswing and follow through.

Instructions:

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) _____



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