



## 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) \_\_\_\_\_

