



Supine Crossover Piriformis Stretch

Purpose:

Releases Piriformis and lateral hip tightness.

Benefit:

Improves hip internal rotation flexibility during backswing and follow through.

Instructions:

A: Lay on back, cross one leg over opposite upper thigh, foot should be flat on floor. Hold crossed hip down, not allowing the crossed hip/buttock to raise off floor while pulling the crossed knee down with opposite hand. The stretch is noted along outer leg, hip and buttocks. Increase stretch by pulling crossed knee farther to floor.

B: Lay on back, cross one leg over opposite upper thigh, foot should be flat on floor. Grab crossed leg with opposite hand and pull down while the other arm is up and out. The stretch is noted along outer leg, hip and buttocks. Increase stretch by pulling crossed knee farther to floor.

Quantity:

Hold _____ minutes _____ side(s) _____ reps.

