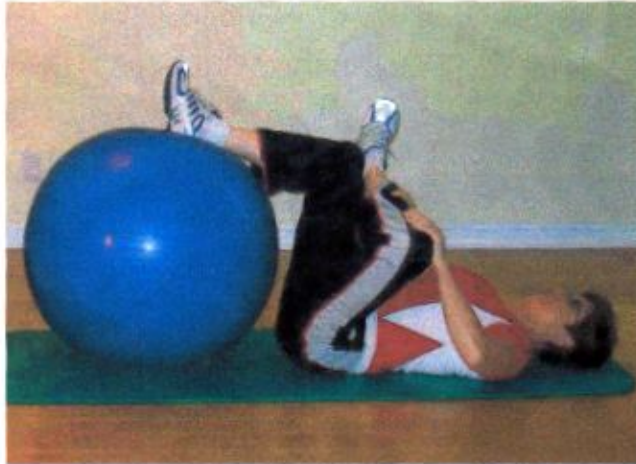


## PIRIFORMIS AND GLUTEAL STRETCHES



- ⦿ There are many ways to stretch the gluts and piriformi muscles.
- ⦿ This exercise requires you to lie supine on the floor with your heels resting on the exercise ball.
- ⦿ Cross your ankle over your thigh and let your knee fall outward.
- ⦿ Roll the ball toward your so that you feel a stretch in your gluts.
- ⦿ Try and keep your lower back and pelvis on the floor.