

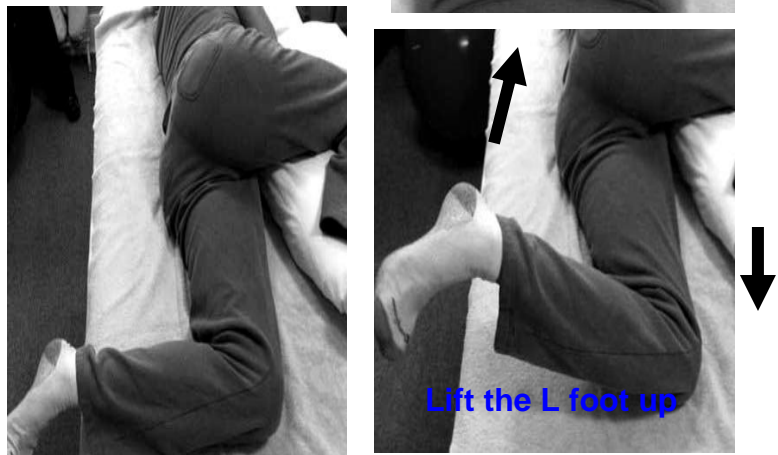
Piriformis Strength

Key : You have to feel your lower buttock muscles activate/contract. You can place your hand down low on your inner buttock to feel it activate.

Exercise One – example for the R side. You are lying on your tummy. Start with your R leg pointing toward the ceiling. Your L foot rests against the R ankle. Push the R leg inward against the L leg, moving as far as you can. Your L leg resists, but allows the movement. Repeat 5-10 X. 2-3 sets. Do one or two times each day.



Exercise Two – Pictured Lying on your L side, R leg a little more bent than pictured (15°) Support the bent R knee with pillows. Push the L knee into the table or floor. Now, lift the L foot toward the ceiling, against gravity. Move it as far as your can comfortably, without twisting your pelvis or hips. Let down slowly. Repeat 5-10 X. 2-3 sets. 2X/day You can brace or Kegel to help you feel it in the right area.



Exercise Three – Weight bearing Shown for the R side. Stand on the R leg, un-weight your L leg. Slowly twist your whole body to the L. Feel it deep in the R buttock. Repeat 5-10 X. 2-3 sets.

You can place your R hand on your R inner buttock to feel the muscle activate. It may work better, at first, to press your L toe into the ground. You can also do a mini-squat with the R leg to help activate the muscle.

