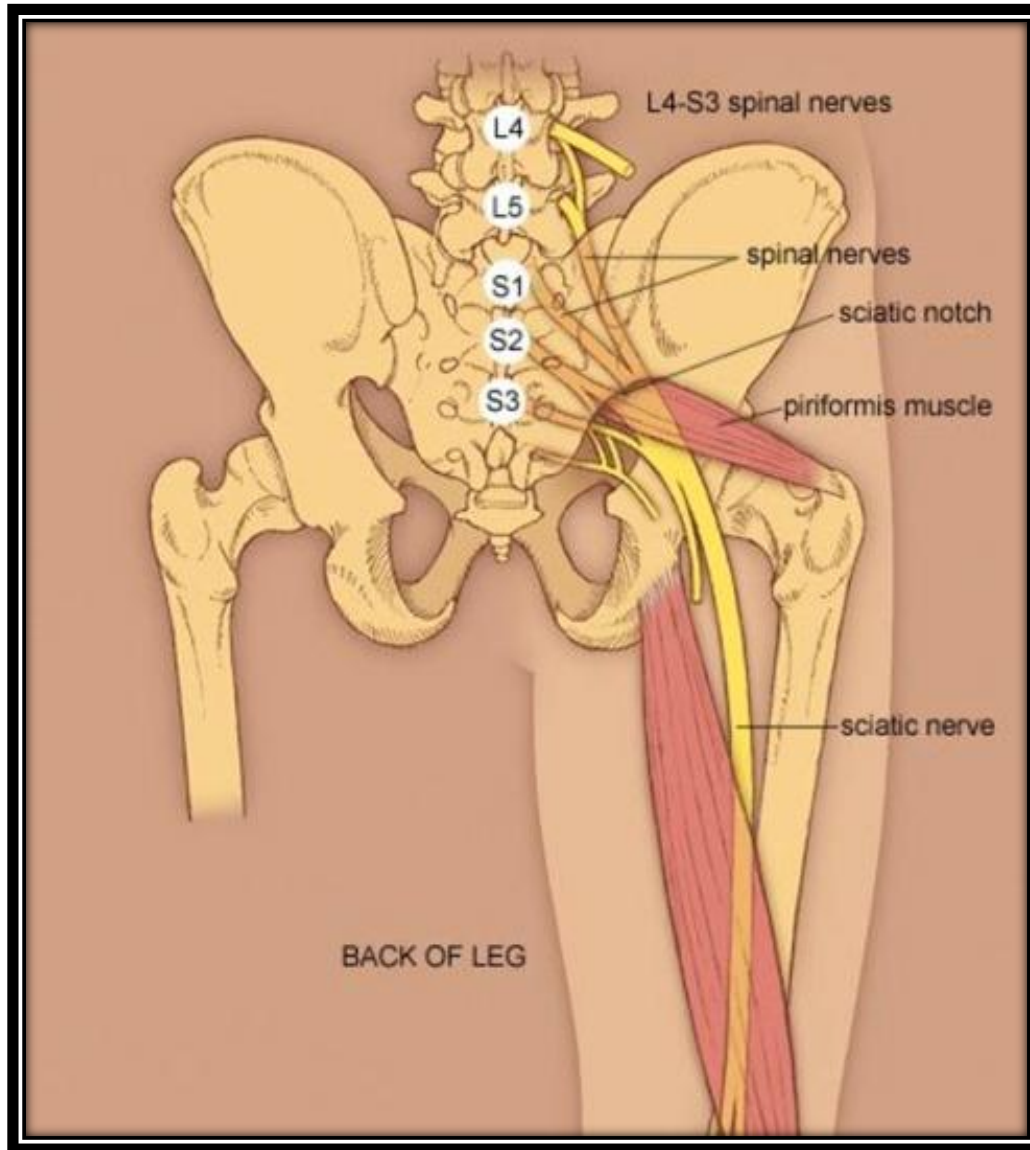
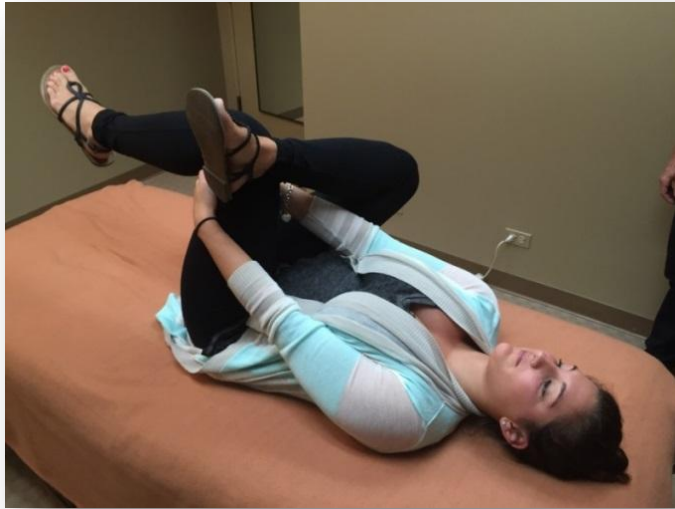


Hip/Piriformis Stretch



Perform **3 minutes, 3 times a day** to release the low back and hip.

The length of time and frequency is key to releasing muscles, ligaments, and tendons. Most importantly, your body can change neurologically. Once a day will help, but if you want to get better *faster* and stay better *longer*, performing these stretches for **3 minutes, 3 times a day** is the key to results.



Lay on floor/table/mat, knees bent, feet flat on floor

Cross right ankle bone onto left thigh just above the knee

Reach both hands behind left knee and interlock fingers

Pull left knee towards chest/left shoulder

If possible, relax head, neck and shoulders on floor

Hold stretch for **3 minutes** - the length of time is key

Repeat above with other leg

Ideally perform this stretch **3 times** per day



Sit on floor/table/mat with legs straight

Bend left knee, foot flat on floor

Cross left foot over right knee, foot flat on floor

Interlock fingers around outside of left knee

Sit up straight without twisting shoulders

Pull left knee up and in towards right shoulder (bring knee to shoulder not shoulder to knee)

Hold stretch for **3 minutes** - the length of time is key

Repeat above with other leg

Ideally perform this stretch **3 times** per day