

MILLS CHIROPRACTIC CENTER

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www.millschiropractic.com

Hamstring/Piriformis Stretch

Do 3 sets of each exercise, 3 reps each
Hold for 30 – 60 seconds, resting for 15 – 30 seconds
Perform 1 – 2 times daily



Hamstring SLR

Lie flat on the floor. Place a folded towel at ankle height. Raise one leg up towards the ceiling keeping toes pulled back and knee kept straight to feel a stretch in the back of the thigh.



Hamstring Stretch

Stand tall with one hand against the wall. Place chair in front of you. Place one foot on the chair keeping ankle at 90° and knee straight. Keeping your spine straight, bend your opposite knee in a squatting motion.



Piriformis Seated

Sit in an erect posture. Place your ankle on the opposite knee. Grasp the knee with two hands, keeping your spine straight and your shoulders facing straight ahead. Gently pull your knee up and across towards your opposite shoulder. You should feel a stretch deep in your buttocks.



Piriformis Seated – Front View