

SIMPLE EXERCISES FOR PIRIFORMIS SYNDROME



FOAM ROLLING

GLUTES

- Sit directly on top of your roller with both knees bent and feet on floor
- Shift all your weight to one side. Hands support you while sitting and leaned back
- Roll one inch per second along the glutes, top to bottom and side to side
- Locate a tender area and apply consistent pressure for 30 seconds

HIP FLEXORS

- Start in a plank position
- with the roller under one of your legs
- Gently rest all your weight onto the roller
- Rolling one inch per second, move the roller from the hip down to the knee
- Locate a tender area and apply consistent pressure for 30 seconds

STATIC STRETCHING

CHILD'S POSE

- Begin this pose on the floor on your hands and knees
- Spread knees apart—the wider the knees, the deeper the hip stretch
- Sit up straight and lengthen your spine
- Take a deep breath, exhale and bow forward
- Rest your chest on your thighs with your forehead on the ground
- Extend your arms on the ground, palms down

OUTER HIP STRETCH

- In a seated position, extend the legs out in front of you
- Bend the left knee and cross it over your right thigh, with your left foot flat on the ground
- Put your left hand on the ground next to you for support
- Use your right to hug the left knee
- Rotate your torso to the left
- Keep your head up and spine lengthened



ACTIVATION EXERCISES

FLOOR BRIDGES

- Lie on your back with the knees bent and feet flat on floor
- Arms should be by your side, palms up
- Lift your hips toward the ceiling, pulling your belly button into your spine
- As you lift, press your feet into the floor and squeeze your buttocks
- Do not let your knees spread apart

SIDE-LYING CLAM EXTENSIONS

- Lie on your side with the bottom arm supporting your head
- Rest the top arm gently on the hip
- Keep your torso straight and bend your knees and hips at a 90-degree angle
- With your feet together, open your knees wide and then lower them