

10 PIRIFORMIS STRETCHES TO HELP YOU GET RID OF SCIATICA, HIP AND LOWER BACK PAIN

EXERCISE FOR ALLEVIATING SCIATICA PAIN

TO ALLEVIATE THE PAIN, THERE ARE SOME PIRIFORMIS STRETCHES THAT YOU CAN TRY. IT'S IMPORTANT TO NOTE THAT YOU MUST STAY WITHIN THE COMFORT LIMITS. THIS MEANS THAT IN THIS CASE, NO PAIN IS GAIN. IF YOU TAKE IT EVEN A BIT FURTHER, YOU MAY COMPLICATE YOUR CONDITION.

1. SUPINE PIRIFORMIS STRETCH

Note that you shouldn't feel a pinch in the front of your thigh. if you do, you will need to stretch your hip flexors first.



2. STANDING PIRIFORMIS STRETCH

If you have trouble balancing, you can stand with your back against a wall and distance your feet from the wall by 24 inches.



3. OUTER HIP PIRIFORMIS STRETCH

You won't be able to touch your shoulder to the ground at first, and don't try to achieve that with try 1. The purpose of this exercise is to achieve a stretch in the piriformis muscle and any stretch that is comfortable is enough.



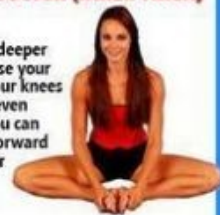
4. LONG ADDUCTOR (GROIN) STRETCH

If you feel pain in the other parts of your legs, such as behind your knees or your thighs you should do some other leg stretches before attempting this stretch.



5. SHORT ADDUCTOR (INNER THIGH) STRETCH

If you want a deeper stretch, you can use your elbows to push your knees down and for an even deeper stretch, you can bend your torso forward while keeping your back straight.



6. SIDE LYING CLAM EXERCISE



7. HIP EXTENSION EXERCISE



8. SUPINE PIRIFORMIS SIDE STRETCH



9. BUTTOCKS STRETCH FOR THE PIRIFORMIS MUSCLE



10. SEATED STRETCH

