

Preparatory Exercises

Piriformis Muscle: Stretching

Starting Position: erect, with feet separated hip width apart and your hands on the ground next to the feet.

Take a long step back. Move the anterior foot to the opposite hand and keeping the heel in line with the knee, place the leg on the ground; the foot is flexed and stays in line with the opposite shoulder. The knee angles slightly outwards.

Keep the posterior leg outstretched on the floor. Ensuring forward traction of the torso, bend onto the anterior leg and bring the inside edge of the foot in contact with your shoulder.

Open the arm to the same side as the posterior leg and place the other hand on the floor with the elbow at 90 degrees to help keep the torso and the pelvis parallel with the ground.

Gradually, try to bring the pelvis in line with the floor while keeping the posterior leg as low as possible.



Contraindications: knee and hip pathologies/weaknesses; always perform the exercise slowly and with care, avoiding sudden movements.

Benefits: unclenches and renders greater mobility to the piriformis muscle; prevents against inflammation of the sciatic nerve.