

Piriformis/Sciatic Stretches



The Piriformis Muscle and Sciatic Nerve are closely related when it comes to pain. The Piriformis Muscle is a small muscle located deep in the pelvis under the large gluteus maximus musculature. This muscle lays close in proximity to the Sciatic Nerve, this nerve is the largest and longest nerve in the human body. Being so close in proximity to each other when one becomes irritated the other tends to follow close behind. These stretches will help maintain a healthy Piriformis Muscle and Sciatic Nerve.

Pigeon-

Getting on your hands and knees you will bring your right knee forward and out to the right side so that your leg is at a 90-degree angle in front of you. Then you will slide your left leg back so that is pointed straight behind you (almost in a half splits position.) You will lay your torso down on your front leg placing your elbows on the floor. Hold this stretch for 30 seconds, then switch legs position and repeat on the other side.



Lying Piriformis Stretch-

Starting by laying on your back on the ground with your knees bent, you will cross your leg over so that your ankle is resting on your opposite knee. Gently pulled the uncrossed leg toward your chest until you feel a deep stretch in your glute. Hold this stretch for 30 seconds then copy the stretch on the opposite side.



Cat cows-

From a hands-and-knees tabletop position, begin cow pose with an inhale. The belly sinks toward the ground, creating an arch in the back, and the head lifts as the gaze is directed upward. On an exhale, ease into cat pose. The core muscles are pulled in toward the spine as the back rounds and the head releases gently toward the ground



Seated cross leg stretch-

Sitting in a loaded position in a chair with your legs crossed so your ankle is resting on the opposite knee, you will pull your knee of the crossed leg toward the opposite side of your chest. Ensuring that your back stays straight and shoulders do not twist, you will hold this stretch for 30 seconds.



Outer Hip Stretch-

Lie on the floor on your back. Cross the right foot over the left knee, keeping the right knee bent. Use your left hand to pull the right knee across your body. Hold for 30 seconds then repeat stretch on other side.



Side Lying Clam Exercise-

Start by laying on your side. Your arm (side you are laying on) should be bent under your head/neck for support. The other hand should be on the outside of the hip (side that is in the air) for support. Torso should be straight down to your knees. Your knees need to be bent with your legs at a 45-degree angle, and your feet together. While keeping your torso and feet stationary, spread your knees as far apart as you can. Then return knees back to starting position. Repeat exercise for as many reps as desired and then repeat for opposite side.





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