

Right Piriformis Stretch

Cross the right leg over the left leg. Grasp the right knee with both hands and pull slightly towards the chest until you feel tension in the right hip. Keep the back straight and lean forwards slightly to feel more tension in the right hip. Hold for 20 seconds. Repeat 3 times each side



Standing Lunge Right Psoas Stretch

Step forward with the left leg. Tighten the deep lower abdominal muscle to rotate the pelvis slightly backwards. If you feel tension in the front of the right hip then simply raise the right arm straight over the head and reach to the sky. If you do not feel tension yet, then bend the left knee and lunge forward slightly until you do feel tension in the front of the right hip. If you feel pain in the right side of the back tighten your abdominal muscle more and if it does not go away then stop the stretch. Repeat 3 times each side for a 20 sec hold.

