



Cross Under Piriformis Stretch With Stable Pelvis



Purpose:

Release Piriformis, posterior hip capsule, SI Joint, and contra lateral hip flexor.

Benefit:

Improved hip rotation during backswing and follow through.

Instructions:

- A: Begin on hands and knees, cross leg under body so that foot is along outside of opposite knee.
- B: Begin on hands and knees, reach back with the straightened leg and/or lower your upper body to rest on your elbows until you feel an outer hip stretch in the bent leg.
- C: Begin on hands and knees, you can increase the stretch by reaching forward with both arms and/or reach farther back with the straightened leg.

Quantity:

Hold _____ minutes _____ reps, hip(s) _____

