

Stretch of the Month



Muscles Stretched

Your piriformis muscle is responsible for the rotation of the hip. If the piriformis becomes too tight or spasms, it can irritate the sciatic nerve, which causes pain in the glutes, lower back and thighs.

Hip & Gluteal Stretch

- Lie on your back w/ legs extended & back straight.
- Keep your hips level & your lower back down.
- Bend your left knee & cross your right ankle at your left knee.
- Grab the back of your left thigh & hug your legs toward your chest, as pictured.
- Place your right elbow on the inside of your right knee & push it slightly to the side.
- Repeat w/ opposite leg.

Before stretching, warm up with **5 to 10 minutes of light exercise**. Another option is to save stretching for after a workout. If you feel pain while stretching, you are stretching too far. **It should not be painful**. Hold each stretch for **about 30 seconds** at a time and repeat, especially if the stretch seems to be helping with pain or discomfort.