

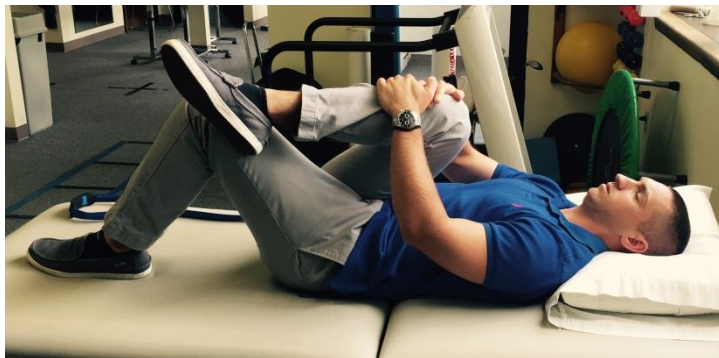
## Glute and Piriformis

### Glute Stretch



Lie on your back with both knees bent. Place one ankle on the opposite knee. Push the knee away, as shown in the first picture. You should feel the stretch in your hip/glute. If you do not get a stretch in this manner, then try the form depicted in the second picture. With the ankle on the opposite knee, grab at the ankle and knee, pulling the leg straight back towards your chest. DO NOT grab your foot and pull towards you, as this can place unnecessary strain on your ankle. Perform twice on each leg for 30 second holds.

### Piriformis



Lie on your back with both knees bent. Place one ankle on the opposite knee. Pull your knee across your body, towards the opposite shoulder. Similar to the glute stretch, you should feel the stretch in your hip/glute area but it is a deeper muscle being isolated. Perform twice on each leg for 30 second holds.