

Notes: You should not feel any pain during or after doing the stretches. Please do the glute stretches first. Please contact your physiotherapist or healthcare provider if you do experience any pain during or after doing these exercises.

1- Lumbar rotation stretch -



Lying on your back, bend your one leg up so that your hip is flexed 90 degrees. With the opposite hand, pull your leg sideways toward the floor to feel a gentle stretch in the buttock or lower back. Keep the shoulders flat on the ground during the stretch.

Hold for 30 seconds
Repeat 3 times with each leg

Do not pull into pain.



2- Stretching Piriformis -



Lie on your back and cross your legs fully. Grab behind the bottom thigh and pull it toward your chest until you feel a stretch in your buttock. The knee nearest to you has to be in line with the middle of your chest.

You can increase the stretch by pulling on the foot nearest to you - just make sure that your knee stays in line with the middle of your chest

Hold for 30sec
Repeat 3 times each leg



You can do this more than once a day but do not overstretch please.

3- Piriformis stretch -



Cross the legs with the leg to be stretched on top. Gently pull the lower knee toward the chest until a stretch is felt in the buttocks.

Hold for 30seconds
Repeat 3 times each leg



4- A: Hamstring and calf stretch -

Lie on your back and place a long strap around your forefoot, holding the ends with your hands. Lift your leg straight up, keeping your knee straight, and pulling gently on the strap with your hands until you feel a gentle stretch behind the thigh and calf.

Hold for 30sec
Repeat 3 times with each leg

DO THIS AFTER THE GLUTE STRETCHES AND DO NOT FORCE IT



5- Calf Flexibility -



Stand with the leg to be stretched at the back
Make sure that your toes point straight forward
Bend your front knee and keep the one at the back straight

Hold for 30sec
Repeat 3 times with each leg

