



Rehabilitative Exercises | Lumbar Stretches

L5 Piriformis

1



2



3



- 1- Lay on your back and bend your knees. Cross one foot over the opposite knee in a figure 4 position.
- 2- Reach through your legs and grab your thigh. Roll back onto your upper back and neck until you feel the deep stretch in your buttock.
- 3- Retain the “figure 4 position pulling the right knee up and across your body to intensify the stretch. Set foot on ground and push against the knee and feel the stretch in the groin on the right side. Pull the right knee up towards your chest and across your body to stretch your glutes on the right side.
- 4- Hold each position for _____ seconds. Repeat _____ times a day. Repeat all steps ____ times per day.