

# Piriformis Syndrome Exercise Guide

This guide includes essential stretches and exercises to relieve piriformis syndrome pain by relaxing the piriformis muscle and reducing pressure on the sciatic nerve.

## 1. Seated Piriformis Stretch

1. Sit in a chair with both feet flat on the floor.
2. Cross your affected leg over the opposite knee.
3. Keep your back straight and gently lean forward until you feel a stretch in your buttock.
4. Hold for 20-30 seconds and repeat on the other side.

## 2. Supine Piriformis Stretch

1. Lie on your back with both knees bent.
2. Cross your affected leg over the opposite thigh.
3. Grab the back of your unaffected thigh and gently pull it toward your chest.
4. Hold for 20-30 seconds and switch sides.

## 3. Standing Piriformis Stretch

1. Stand and place your affected foot on a low surface (like a bench) with the knee bent.
2. Lean slightly forward while keeping your back straight.
3. Hold for 20-30 seconds and repeat on the other side.

## 4. Glute Bridge

1. Lie on your back with your knees bent and feet flat on the floor.
2. Press through your heels and lift your hips toward the ceiling.
3. Squeeze your glutes at the top and hold for a few seconds.
4. Lower back down and repeat 10-15 times.

## 5. Clamshell Exercise

1. Lie on your side with knees bent and feet together.
2. Keeping your feet touching, lift your top knee while keeping your hips stable.
3. Lower back down slowly and repeat 10-15 times per side.

## Tips for Best Results

- Perform these exercises daily for best results.

- Avoid prolonged sitting and maintain good posture.
- If pain persists, consult a physical therapist.

**Stay Consistent & Keep Moving!**