



GLUTEUS MAXIMUS & PIRIFORMIS STRETCH

AIM: to stretch to external rotators of the hip, such as glut max and piriformis

STARTING POSITION: Sitting perched on a chair, upright. You should feel like your sitting on the sit bones with the core gently engaged.



STEP 1: Cross one leg over the other with the ankle resting on the knee.

STEP 2: Keeping the chest high and hinging at the hip, lean forwards bringing your chest towards the knee on the floor.

STEP 3: Hold for 30seconds feeling deep stretch in buttock.



STEP 4: Increase stretch by pulling elevated knee to opposite shoulder. Hold for a further 30seconds.

Exercise Disclaimer

It is recommended that our exercises be carried out in conjunction with a personally prescribed treatment plan created by Tara Northey Osteopathy. If these exercises are used without professional guidance then it is at own risk.

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