

BodyRelax

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PIRIFORMIS

1.

The piriformis muscle is responsible for lateral rotation of the hip. It is particularly important to athletes who have to change direction, such as tennis players and running backs in football. But though runners run straight ahead, keeping the piriformis muscle loose is important for overall flexibility. Lying on your back, cross your legs just as you might while sitting in a chair. Grasping the "under" leg with both hands, pull the knee toward your chest until you feel the stretch in your buttocks and hips.



Stretch 1

Stretching the muscles that rotate the hip outwards. Lie on your back and put one leg over as shown above. You should feel this in the hip and buttocks.

Hold stretch for 30 seconds, repeat 5 times and stretch 3 times a day.



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Stretch 2

Another method of stretching the muscles of the hip and periformis muscle. Lie on your back, bring one foot onto the opposite knee and pull up on the leg.

Hold stretch for 30 seconds, repeat 5 times and stretch 3 times a day.

Stretch 3

Gluteal stretch .Lay on your stomach and bend one leg up under your stomach. Lean forwards to further rotate and flex the leg and increase the stretch

Hold stretch for 30 seconds, repeat 5 times and stretch 3 times a day.

