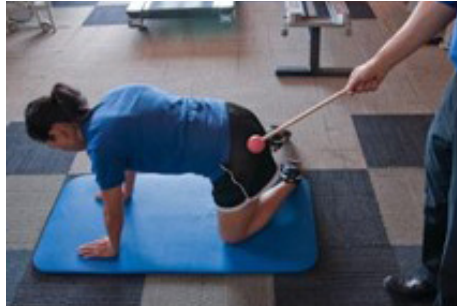


**Piriformis and gluteus maximus**



Stretch Piriformis step 1/4



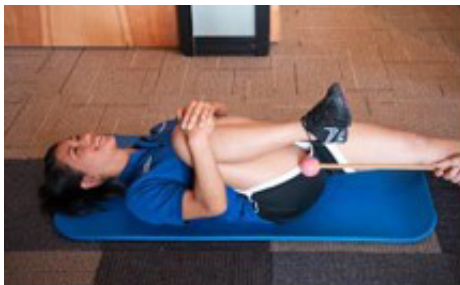
Stretch Piriformis step 2/4



Stretch Piriformis step 3/4



Stretch Piriformis step 4/4



Stretch gluteus maximus (slight external rotation hip)

The exercises and theories are intended for our patients as follow up on clinical meetings. No guarantee is made that the exercises will resolve your particular problem, or that our theories will explain your specific problem.