

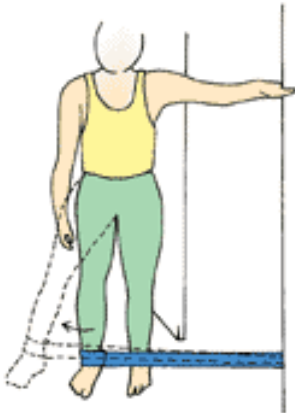
Piriformis Syndrome Exercises



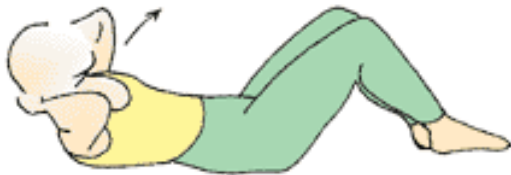
Piriformis stretch



Standing hamstring stretch



Hip abduction



Partial curl



Prone hip extension (bent leg)



Quadruped arm/leg raises