



Therapi Tyline Advanced Lockdown Exercises



Suggested Piriformis syndrome stretches

Piriformis syndrome is a condition in which the **piriformis** muscle, is located in the buttock region, spasms can causes buttock and back pain. When the **piriformis** muscle is in spasm it can irritate the sciatic nerve and cause pain, numbness and tingling along the back of the leg and into the foot, similar to sciatic pain.



Piriformis Stretch

Lying on your back on a suitable surface with legs straight.

- Draw your foot of affected leg towards your buttock
- Lift the leg and with the opposite hand, pull your knee toward your opposite shoulder.
- Hold the stretch for a count 10, increase the count as the discomfort reduces.
- Repeat 4 to 5 times.
- Repeat with your other leg.



Hip Rotator Stretch

Lying on your back on a suitable surface with legs straight

- Bend both knees and feet flat on the floor.
- Raise the ankle of your affected leg on your opposite your knee.
- Use your hand push your knee on your affected leg away from you until you feel a gentle stretch in the hip.
- Hold the stretch for a count 10, increase the count as the discomfort reduces.
- Repeat 4 to 5 times.
- Repeat with your other leg.





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Seated Piriformis Stretch

- Seated upright on a dining chair
- Maintaining a neutral spine while lift the chest upwards
- Sit with the buttocks on the edge of a chair and cross the affected leg over the opposing leg
- Lean slowly forward from the hips while maintaining a neutral spine, until a stretch is felt in the buttocks
- Hold the stretch for a count 10, increase the count as the discomfort reduces.
- Repeat 4 to 5 times.
- Repeat with your other leg.



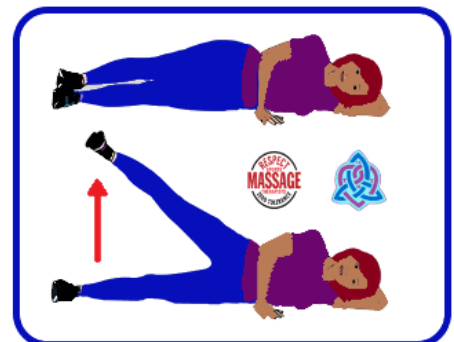
This stretch is a suitable when experiencing excessive tension in the piriformis that may be causing irritation of the sciatic nerve.

This stretch can increase the overall hip flexibility/mobility to take unwanted stress away from the lower back.

Side Leg Raises (Abduction)

This will help to strengthen the *Gluteus Medius* muscle which is an important hip stabilizer.

- Lying on your side on a suitable surface, with the affected leg on top, use your arm to support yourself
 - Keep the knee straight Raise up your top leg to the side slowly.
 - Maintain your toes pointed towards the ceiling, the entire time.
 - Keep your leg in-line with your body.
 - Hold the stretch for a count 10, increase the count as the discomfort reduces.
 - Repeat 4 to 5 times.
 - Repeat with your other leg.
- * The bottom leg can be bent to stabilize your body.





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Self Massage It Using Massage Ball

Using a Suitable Ball you can release the muscle pain even more precisely.

- Begin in a seated position on a suitable firm surface with your knees bent.
- Position a ball under the affected area right buttock and stabilising your self by resting your hands behind your you.
- Cross the other leg on top of the right leg.
- Move around to locate a tight spot and hold the pressure for a count 20, as the discomfort reduces.
- Move on to the next tight spot.



Be careful when applying pressure to not overdo it.