

Foam Roller Glute and Piriformis Stretch Sitting

Lay a 4 inch (10cm) diameter foam roller on the floor. Sit on the roller so the roller is situated under your buttocks. Use your hands to support you. Bend your knees. Simply sit there and move the roller backward and forward to create a stretch to the buttocks (gluteal) muscles. Progress to a 6 inch (15cm) diameter roller.



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Video: <https://youtu.be/dYU-9envBco>

Foam Roller Glute and Piriformis Stretch Lying

Lay a 4 inch (10cm) diameter foam roller on the floor. Lie on the roller so the roller is situated under your buttocks. Bend your knees. Simply lie there and move the roller backward and forward to create a stretch to the buttock (gluteal) muscle. It's normal for your back to arch slightly. Progress to a 6 inch (15cm) diameter roller.



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Video: https://youtu.be/q3VG_Hk8LaU

Piriformis Stretch

Adopt the four point kneeling position, and bring your knee under your body, resting against your stomach, while your leg turns inwards. Now slowly lean forwards to create a stretch in the buttock muscle. Hold this position, and when you are ready, come back to the start position. Alternate each side. This will stretch your piriformis muscle.

Perform both sides

Video: <http://youtu.be/ipEXZsevNHM>



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Spikey Ball Gluteal/Piriformis Massage

Sit down on the floor, and place a spiky ball under your right buttock. Straighten your right leg, while your left leg remains bent. Use your hands to support your body, and to control movement over the ball in a circular direction. You will feel the ball massaging deep into your gluteal (buttock) muscles.

Perform both sides

Video: <http://youtu.be/uxKkotf3oUU>



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Spikey Ball Gluteal/Piriformis Massage 2

Sit down on the floor, and place a spiky ball under your right buttock. Cross your right leg over your left knee. Use your hands to support your body, and to control movement over the ball in a circular direction. You will feel the ball massaging deep into your gluteal (buttock) muscles.

Perform both sides

Video: <http://youtu.be/XYyt0Dea5QU>



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Spikey Ball Gluteal/Piriformis Massage Chair 1

Sit down on a chair, and place a spiky ball under your buttock. Hold on to the side of the chair to give your body some support. Gently move your butt over the ball. You will feel the ball massaging deep into your gluteal (buttock) muscles.

Perform both sides

Video: <http://youtu.be/XKSQuwRQmEo>



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Spikey Ball Gluteal/Piriformis Massage Chair 2

Sit down on a chair, and place a spiky ball under your buttock. Pull the same leg towards your opposite shoulder. Hold on to the chair for support. Gently move your buttock up and down over the ball. You will feel the ball massaging deep into your gluteal (buttock) muscles.

Perform both sides

Video: <http://youtu.be/iOFl568GoA0>



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Spikey Ball Gluteal/Piriformis Massage Chair 3

Sit down on a chair, and place a spikey ball under your buttock. Place the same leg over your other knee. Hold on to the chair for support. Gently move your buttock over the ball. You will feel the ball massaging deep into your gluteal (buttock) muscles.



Perform both sides

Video: <http://youtu.be/SUOhAHGSJ7I>

Spikey Ball Gluteal/Piriformis Massage Lying

Lie down on your back, and place a spikey ball under your buttock. Extend your leg on the same side straight out, and use the fulcrum to massage your buttock.

Perform both sides

Video: <http://youtu.be/laOo0n1ISNg>



P.S. Additional advice sheet

You will find the advice sheet attached in your email

- [Piriformis Syndrome.pdf](#)
- [Gluteal Strain.pdf](#)
- [Gluteus Medius Tendinopathy.pdf](#)
- [Biceps Femoris Strain/Tear.pdf](#)
- [Biceps Femoris Tendinopathy.pdf](#)