Cordima Chiropractic Center

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Exercise Report

Condition: Hip Piriformis Syndrome

Single Knee to Chest

1. Pull one knee in to your chest until a comfortable stretch is felt in lower back and buttocks.
2. Repeat with other knee.

Hold each pose for 30 seconds.
Repeat each exercise 2 times.
Perform the exercise 3 times per day.

Pretzel

1. Rest foot on opposite leg/knee.
2. Gently press down on crossed leg/thigh.
3. Stretch should be felt in the hip or buttocks.

Hold each pose for 30 seconds.
Repeat each exercise 2 times.
Perform the exercise 1 times per day.

Bridging

1. Lie on your back with your knees bent.
2. Lift your hips so your back is in a straight line.
3. Lower and repeat.

Hold each pose for 5 seconds.
Repeat each exercise 2 times.
Perform the exercise 1 times per day.