

GLUTEAL STRETCHING EXERCISES

Gluteus Maximus Stretch



- Lay on the floor on your back
- Pull your bent knee up towards the opposite shoulder
- Hold for between 10 and 30 seconds

Muscles Stretched - Gluteus Maximus

Piriformis Stretch



- Lay on the floor on your back and cross the right ankle over the left knee
- Grip the thigh of your left leg and pull the knee towards you, lifting the foot off the floor
- Pull the knee further towards you to increase the stretch
- Hold for between 10 and 30 seconds

Muscles Stretched - Piriformis

Gluteal Stretch



- Lay on your stomach and bend one leg up under your stomach
- Lean forwards to further rotate and flex the leg and increase the stretch
- Hold for between 10 and 30 seconds

Muscles Stretched – Gluteus Maximus, Gluteus medius, Piriformis

