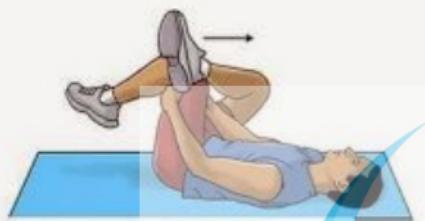


Piriformis Syndrome Rehabilitation Exercises



Gluteal stretch



Standing hamstring stretch



Resisted hip abduction



Plank



Side plank



Prone hip extension with bent leg



Clam exercise