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Making the decision to have a child - it's momentous. It is to decide forever to have your heart go walking outside your body. ~Elizabeth Stone

The Piriformis Stretch

The piriformis stretch can be performed on a physioball, if you have been working on a physioball and feel stable, or on a hard chair for more stability and support. This stretch is indicated if there is buttock tension or pain or mild sciatica. It also a good stretch to perform in conjunction with the iliopsoas stretch since they act in opposition to each other to maintain balance during pregnancy.

Sit with your spine upright and cross one leg over the other knee, resting your ankle on the knee (image a). Maintaining an upright spine, slowly bring your chest and shoulders towards your "lap"- do not bend at the waist (image b). You should begin to feel a gentle stretch across the buttock (same side of the buttock as the crossed leg). Only move forward as far as it takes to feel that gentle stretch. Hold that posture until the stretch relaxes then move a few degrees forward until you feel the stretch again. Hold this posture until it relaxes, then repeat once more. When finished these three stages, gently resume the upright position and unfold your leg, repeating the stretch on the opposite side.

