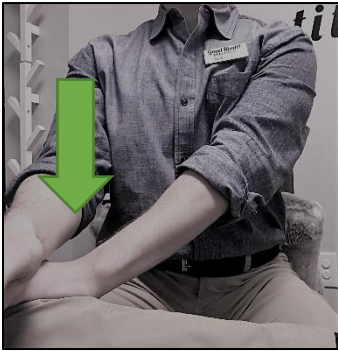


Good Health

GREENSBORO

CHIROPRACTIC & WELLNESS.

Piriformis Stretch:



1) Place your **right** ankle on top of your **left** knee and push down on the side of your **right** knee. Hold this stretch for 30 seconds.



2) Pull your **right** leg across your body, towards the **left** side. Hold this stretch for 30 seconds.

3) Place your **left** ankle on top of your **right** knee and push down on the side of your **left** knee. Hold this stretch for 30 seconds.



4) Pull your **left** leg across your body, towards the **right** side. Hold this stretch for 30 seconds.

5) Repeat the piriformis stretch three times a day; morning, afternoon, and evening for best results.



If you have any questions about things you might be feeling, give us a call at:
336-509-4963