

Piriformis and Deep Six Stretch - Prone



Support the medial side of the knee when stretching



Abduct the femur to 30 degrees to stretch the deep six muscles

Indications

Sciatic pain.

Limited internal rotation of the femur.

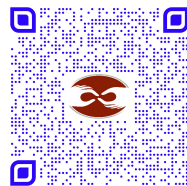
Cautions

Always support the medial side of the knee when internally rotating the femur.

Technique

Cradle your client's calf across your forearm so that your hand is on the medial side of their knee. Have your client try to externally rotate their femur (bring the foot medially) at 10% of their strength against your resistance for 10 seconds. Then have your client try to internally rotate their femur (bring their foot laterally) against your resistance.

To stretch the other five of the deep six muscles, abduct your client's thigh 30 degrees and repeat the procedure in this position. This pulls the greater trochanter of the femur away from the ischium, providing a better stretch to these deeper muscles.



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