FIGURE 20-40. Piriformis stretch. (A) Passive stretch for the piriformis muscle. With the patient lying supine, the lower extremity is grasped at the flexed knee. The lateral aspect of the iliac crest and the ASIS are stabilized by the cranial hand while the caudal hand flexes the femur to 60 degrees and guides the femur into adduction. (B) Self-stretch of the piriformis and other deep hip rotators. After 60-degree hip flexion, the piriformis medially rotates the femur. To stretch the right deep hip lateral rotators, the patient lies supine and the right femur is flexed and laterally rotated such that the right ankle rests on the posterior aspect of the distal left thigh. From this position, the left hip is flexed until tension is perceived in the right buttock.