



1-888-218-4045

These exercises should be performed on a daily basis. Your doctor may also instruct you to use ice on the painful area for 15 to 20 minutes on a daily basis. If your symptoms worsen, discontinue exercises and contact your physician.



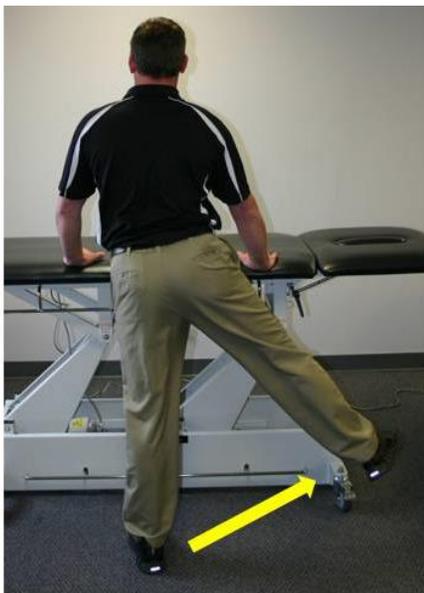
**Straight Leg Raises**

Lay on your back on a bed or on the floor. Keeping your knee straight, lift your whole leg up off of the floor/bed. Repeat 10 times on each leg.



**Backward Leg Lifts**

Standing up tall at a table or a counter top, keep your knee straight and lift your leg straight backwards. Repeat 10-15 times on each leg.



**Sideways Leg Lifts**

Standing up tall (not bent forward) at a table or countertop, lift your leg straight out to the side keeping your toes pointing forward. Repeat 10-15 times on each leg.



**Piriformis Stretch**

Lay on your back on a bed or on the floor. Grab your left knee with both hands as shown above and gently pull your left knee toward your right shoulder. You will feel a stretch in your left buttock. Hold this stretch for 30 seconds. Repeat with the right leg, pulling your right knee toward your left shoulder.