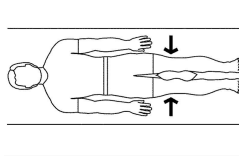


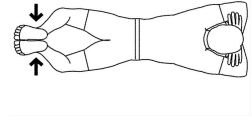
Standing isometric hip in



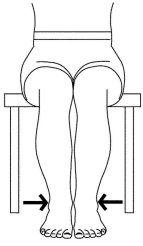
Hip pillow squeeze



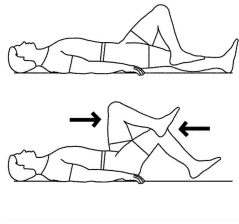
Prone heel squeeze



Sitting isometric hip in



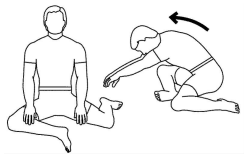
Isometric figure 4



Longsitting Piriformis stretch



Sitting Piriformis stretch



Crossed leg Piriformis stretch



Hook Piriformis stretch



Knee to chest Piriformis stretch

