

Foam Roller Piriformis and Gluteal Muscle Release



- Place the foam roller on the right buttock cheek with the ankle of the right foot across your left thigh.
- Balancing on the right hand and left foot, slowly roll the gluteal and piriformis muscles from top to bottom, keeping your left hand on floor or balanced on left leg.
- Avoid collapsing the shoulders. Use supporting leg to grade pressure.
- Roll 1 to 2 minutes over your gluteal and piriformis muscles. Focus on the painful spots and concentrate the rolling on that area.