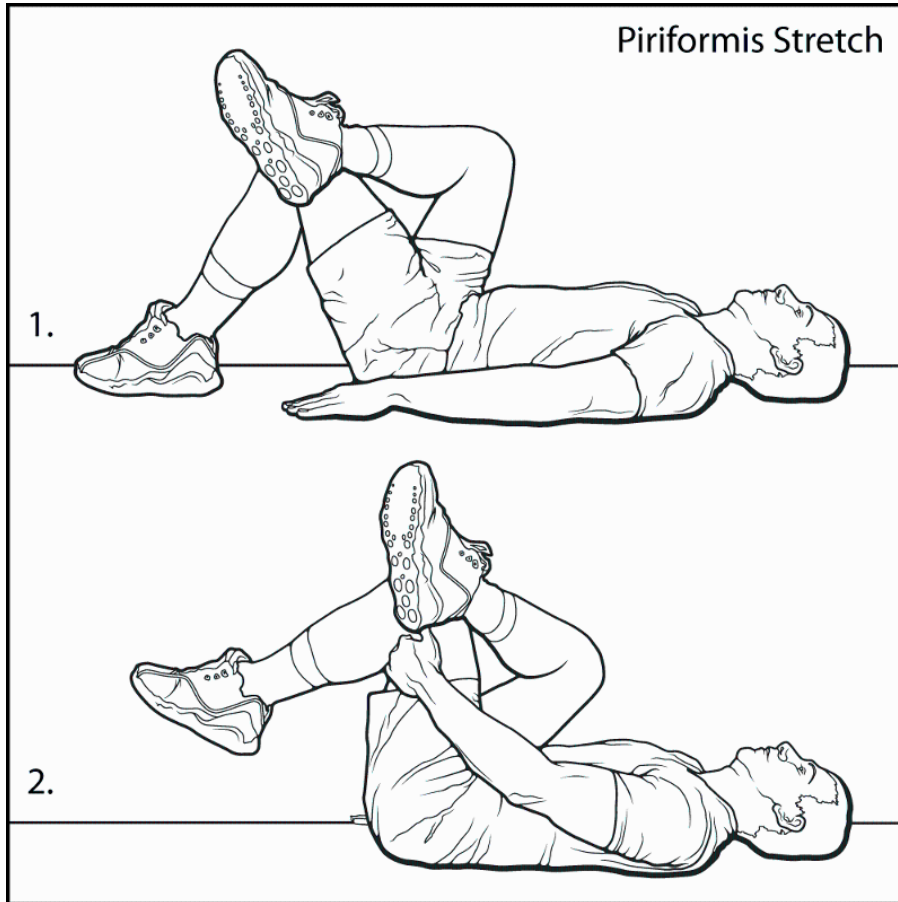




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HOW TO STRETCH YOUR PIRIFORMIS MUSCLE

#1 ON YOUR BACK



Push on your crossing leg knee for more stretch.



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#2 SITTING



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