

## Top 5 Strength Exercises for Piriformis Injuries

1. Clamshell exercise, adding resistance with theraband x 15 each leg
2. Glute bridge with theraband (hold, for up to two minutes)
3. Side leg lift x 15 each leg
4. Standing mini-squats with a theraband x 15
5. "Monster walk" or side steps x 15 each direction

### Exercise descriptions and images

#### Clams



#### Value for runners:

This exercise improves the control and function of the gluteus medius, a muscle found to be weak in distance runners with IT band issues. By working it in this way, the balance between the anterior and posterior hip muscles will be restored. It is not OK to substitute this exercise for the multi hip machine at the gym! Keep the pelvis perpendicular to the floor rather than rolling backwards, which is a way to cheat this exercise. Hold for 10 seconds at the top; work up to 20 repetitions.

#### Single leg glute bridge



### Instructions:

Lie on your back with your legs bent so your feet are flat on the ground. Your feet should be about 2-3 feet away from your backside. Wrap a theraband around your knees. Using your glutes, hips and lower back, thrust your pelvis off the ground. Hold this position for 2 minutes.

## Side leg lift



### Value for runners:

Focus on engaging the glute muscle on your top leg. Use slow movements and keep your foot in a neutral position. Perform 15-25 repetitions per leg.

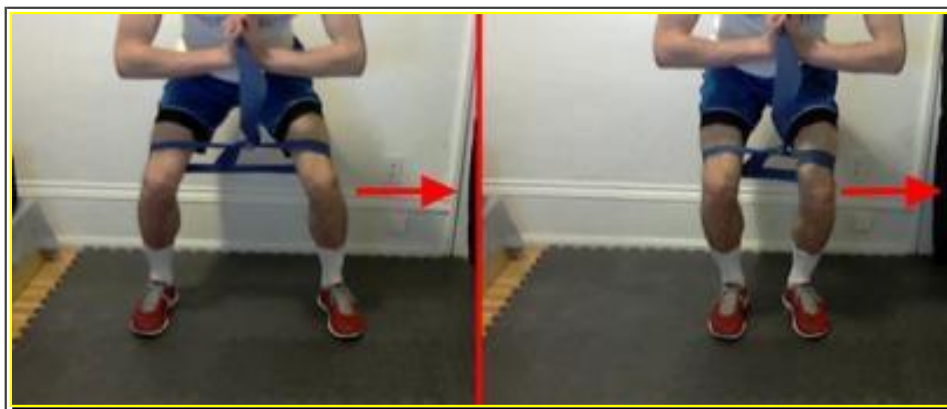
## Standing mini-squats with a theraband



**Instructions:**

Stand with your feet shoulder width apart. Wrap a theraband around the outside of both knees. It should feel like your legs are being forced together. Perform a 3/4 squat, making sure to keep your legs from folding inward.

## Monster walk” side steps

**Instructions:**

Stand with your feet shoulder width apart. Wrap a theraband around the outside of both knees. It should feel like your legs are being forced together. Take a step to one direction, about 2-3 feet, keeping your knees from folding inward. Repeat, moving in the same direction.