

Figure 4



As a main part of the hip complex, tightness in the glutes and the piriformis can lead to sciatic pain, lower back, and knee pain.

1. Sit on your foam roller with your knees bent and your feet on the floor. Place your hands on the ground behind you to support yourself.
2. Cross your right ankle on your left thigh right above your knee. Then, turn your body to the right so that pressure is on your outer right glute.
3. Roll up-and-down and lean side to side to look for trigger points. When you find one, stop and hold for 20 seconds, then continue on to another.
4. Repeat on the other side.

In an effort to help each and every patient Dr. Ralph has put together a group of physiotherapy exercises that can be accessed on our website at:

<https://www.highlandfamilychiro.com/health-resources.html>

These can be done in the privacy of your own home until you are able to be back in the office. Please feel free to share these with your friends and family.

Dr. Ralph has also put together a home care kit that includes a small foam roller, balance disc, and bands that we are offering at our cost of \$30.00 and at this time we are offering no contact drop off service for the kit.

We are currently back to seeing routine and maintenance patients. Please feel free to call 770.565.8151 if you have any questions about this exercise, our schedule, or our home care kit.