

Critical Stretches for Spine, hips, Lower back

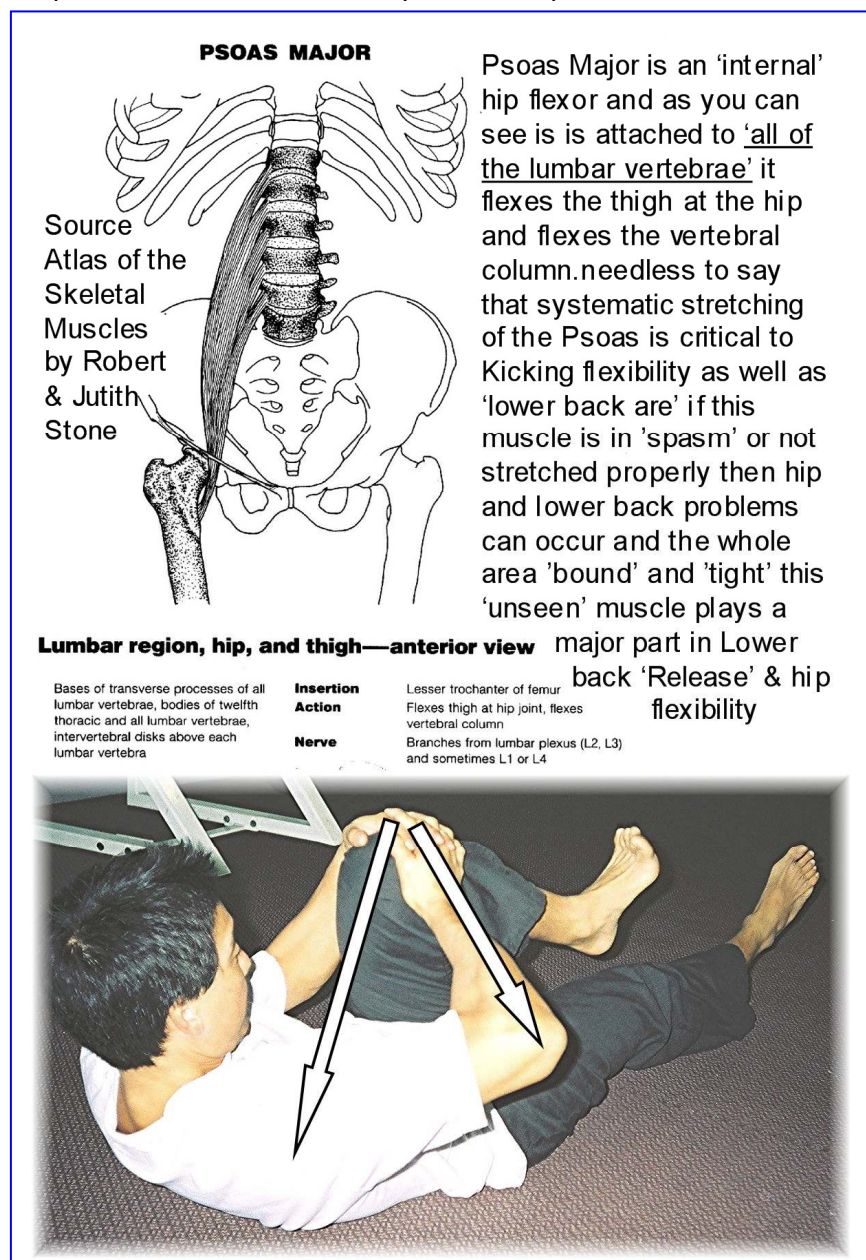
This is a sample of the key stretches used and designed by Healy's Health.

Healy's Health policy is that we do not recommend any 'generic name' stretching systems or Instructors 'out side' of our preferred health professional 'referral system'.

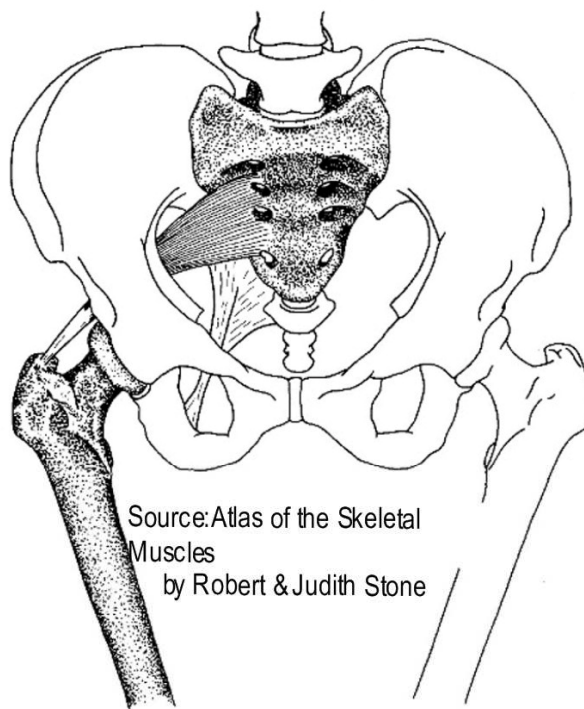
Don't assume that a sign outside a building that's says 'Yoga' or any similar 'generic' 'system name' that the Instructor is 'fully qualified' in the true sense of the word.

(Qualified meaning that they can achieve MEASURABLE RESULTS and clearly Educate you the CLIENT as to WHY your are doing a particular activity or exercise, this has nothing to do with a 'certificate' or 'paperwork' but has everything to do with **'Results based REPUTATION'** of the practitioner and the on the floor PRACTICALITIES)

At Healy's Health the 'talk' has to match the 'walk' with RESULTS based outcomes. This is the prime factor that sets Healy's Health apart from the rest.



PIRIFORMIS



Source: Atlas of the Skeletal Muscles
by Robert & Judith Stone

The Figure 4 stretch 'releases' the Piriformis muscle which is a 'hip abductor' and important for kicking ability (this stretch also releases the Glutes 'Butt' muscles) and other associated 'connected' muscle groups

origin **Hip and thigh—anterior view**

Internal surface of sacrum,
sacrotuberous ligament
Upper border of greater trochanter

Action

Laterally rotates thigh at hip joint,
abducts thigh

Nerve

Anterior rami of first and second
sacral nerves

Insertion

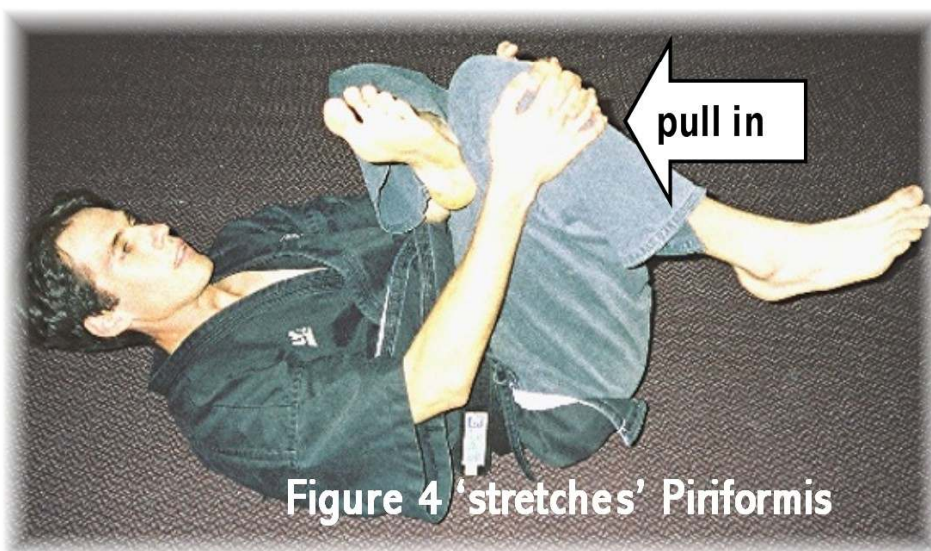


Figure 4 'stretches' Piriformis