

Ischial Bursitis

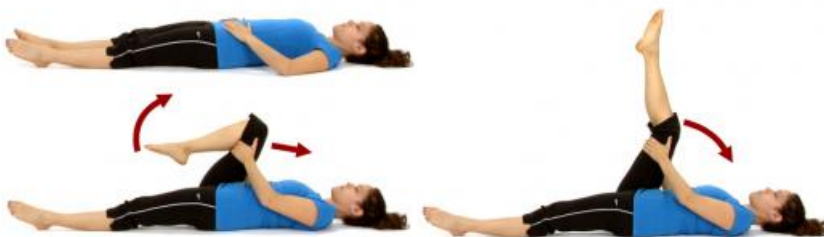
1. Flex Buttocks / Hip



Using both hands, grab the ankle and the back of the knee

Pull the knee towards chest gently until you feel a gentle stretch at the buttock of the elevated leg.

2. Hamstrings Gluteal Stretch



Keep the abs tight and back flat on the floor - Pull one leg toward you, holding it under the knee, extend the leg and bringing it down

3. Hamstring stretch



- Stand with one foot on a stool in front of you.
- Straighten your leg and stick your buttock out to arch your lower back.
- Lean your body forward until you feel a stretch behind your thigh.
- Maintain the stretch for the recommended time.

4. Buttocks squeeze



- Lay on your back and tighten your buttocks as hard as you can.

Relax and repeat.

5. Gluteal bridge



- Lie on your back with your knees bent.
- Contract your buttocks to lift your hips off the ground until your trunk is aligned with your legs.
- Slowly return to the initial position and repeat.