



I'm not a robot

































Today's video shows a piriformis muscle release technique that can be used to treat low ... down through the legs so what I'm doing is I'm doing a little like slot machine kind of Want to know how we help thousands across the world resolve their So the question being asked up there is does using a If you end up going to physical therapy for a In this video, we'll guide you through the essential steps to rule out If you have tight pu foris issues like SEE FULL VIDEO HERE: Four of the best stretches you can do at home for Hip Pain and Sciatica Relief Exercises