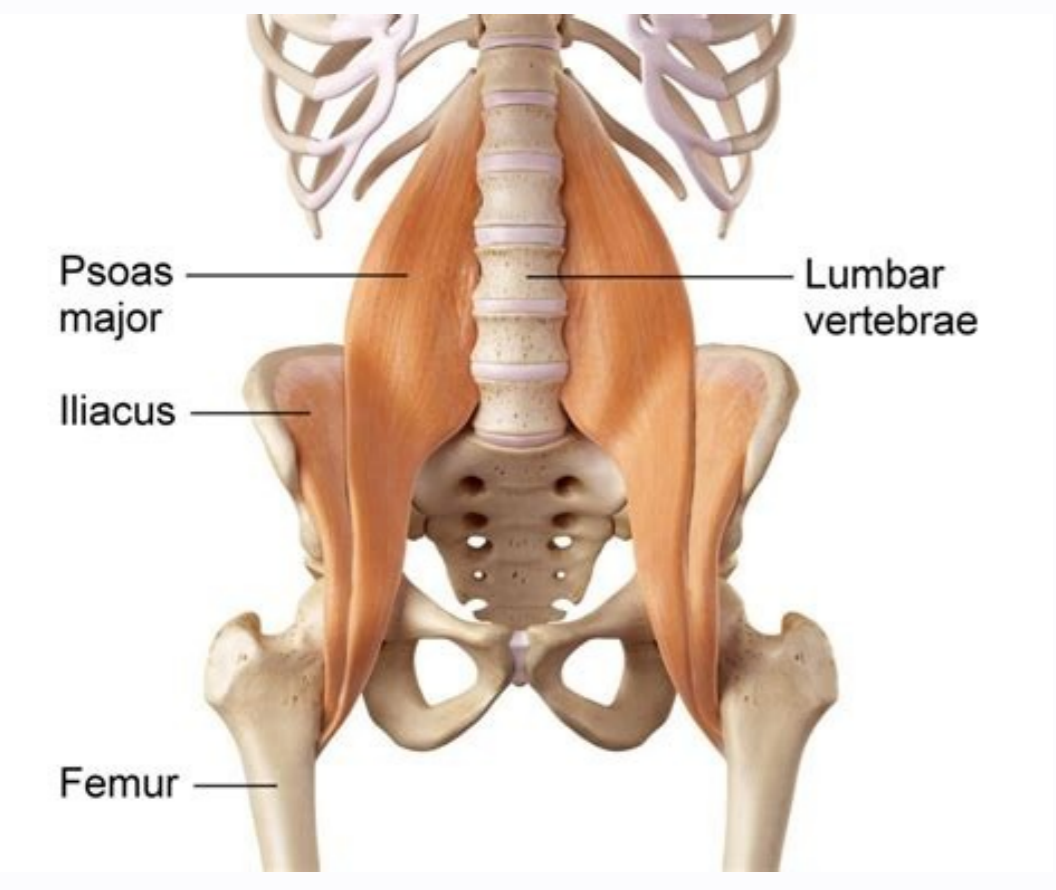
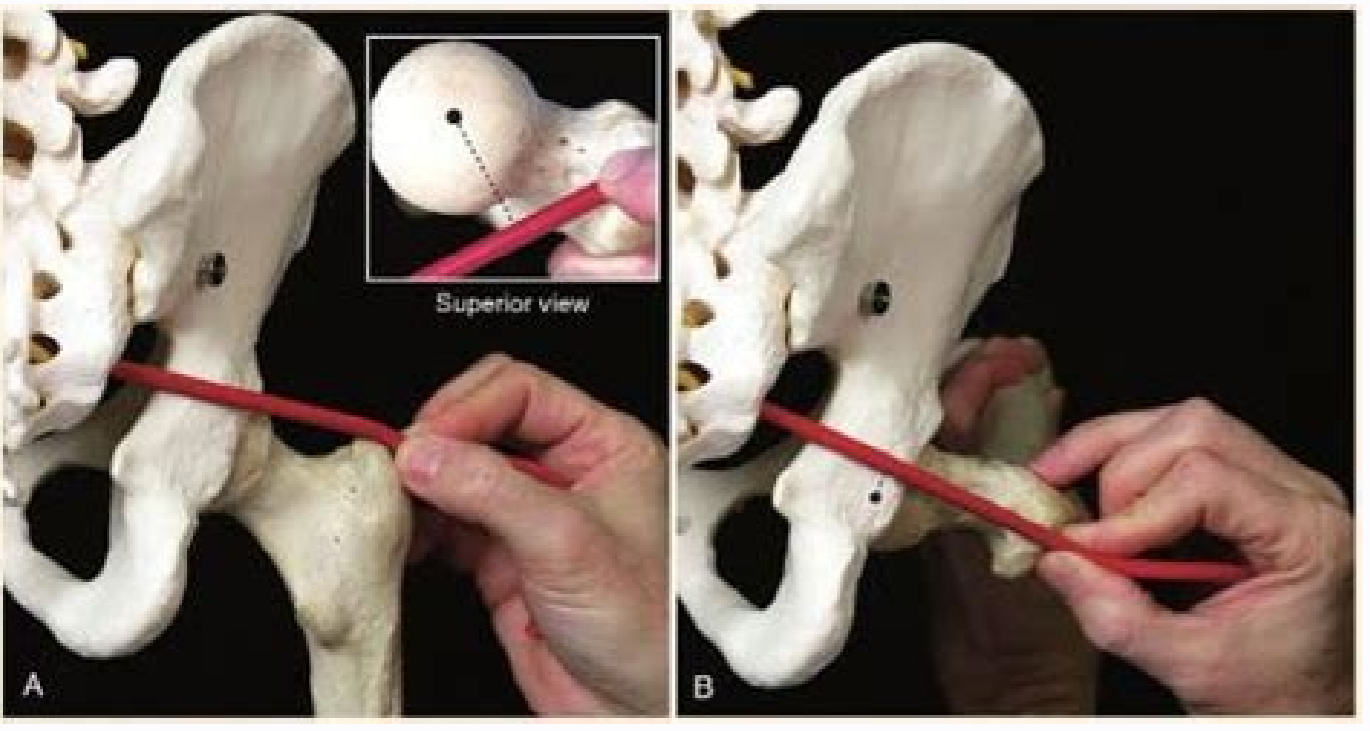
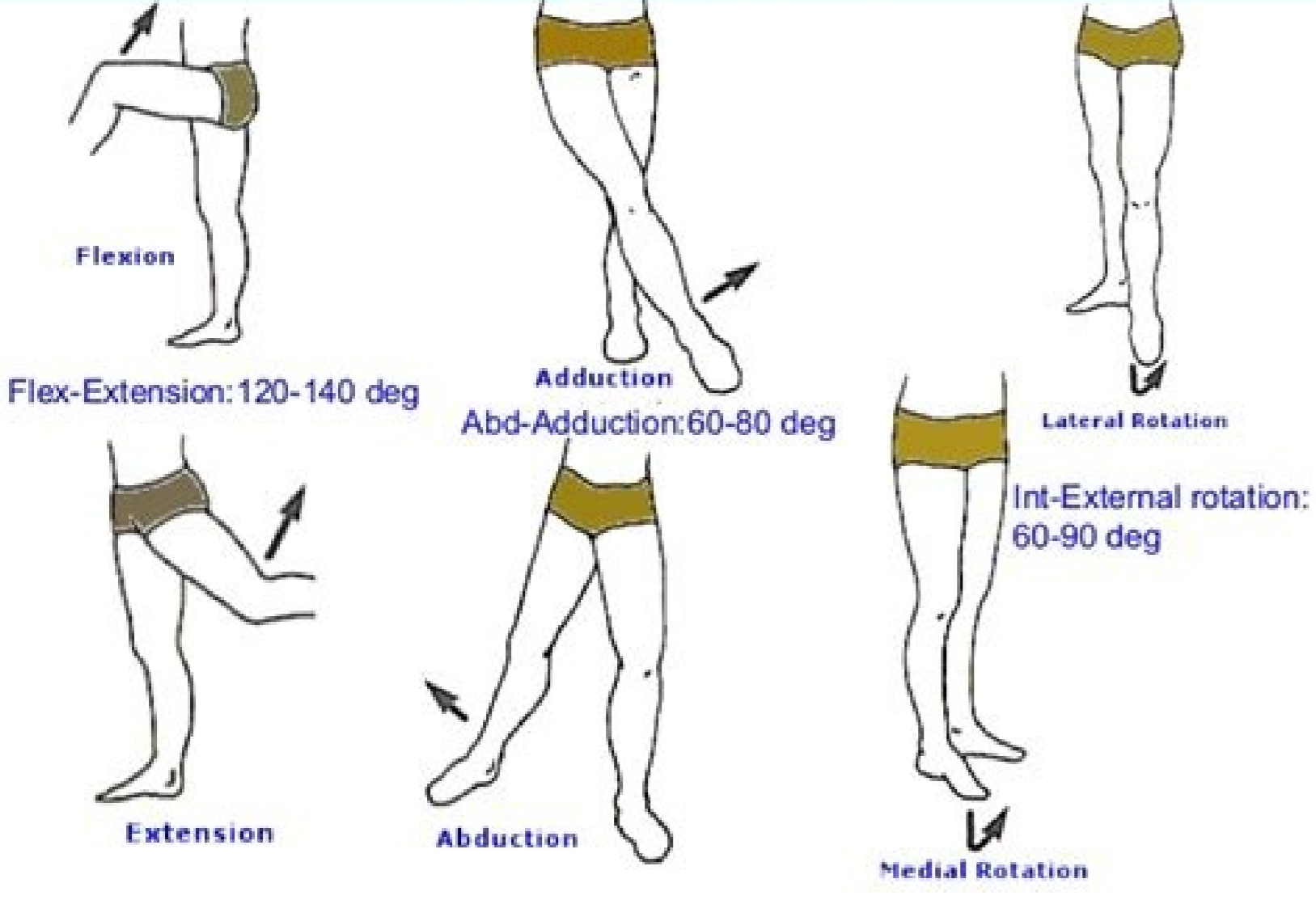


Open

Piriformis action hip flexion



MOVEMENTS



What is a piriformis release. How do i release my piriformis. What action does the piriformis muscle perform. Piriformis action at 90 degrees hip flexion.

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