

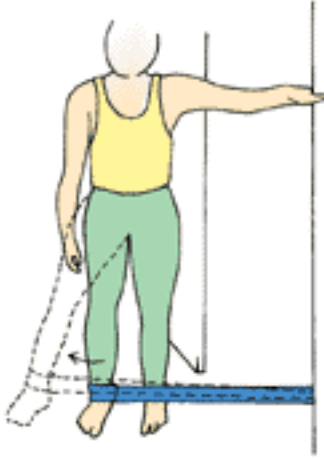
PİRİFORMİS SENDROMU EGZERSİZLERİ



piriformis germe



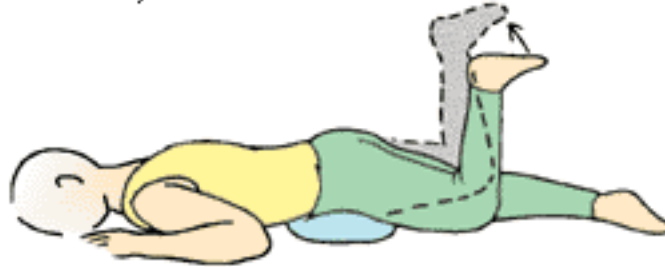
ayakta harmstring germe



dirence karşı
kalça abduksiyon



kısmi doğrulma



yüzüstü kalça ekstansiyonu