

Piriformis Syndrome

Contributed by Administrator

The piriformis is the deepest muscle located in the gluteal or the buttock region of the body. This muscle attaches to the sacrum and the hipbone. The piriformis syndrome, also known as sciatica, is a neurological disorder that is caused by the impingement of the sciatic nerve. The nerve either passes under or thru this muscle. Therefore, shortening and tightening of this muscle would cause impingement to the nerve and sciatic nerve pain.

Other causes include:

uneven compression in the vertebral column, degeneration of discs or herniation/bulging of discs.

Symptoms often include hip pain, burning sensation, shooting pain and numbness/tingling radiating down the back of the thigh, leg and foot of the effected side.

Treatment:

- massage therapy
- piriformis stretches every day
- low back stretches
- hip stretches
- regular stretches will help relieve lower back and hip pain
- Yoga (pigeon pose)

*Remember for stretches to be effective, hold each stretch for a minimum of 30 seconds and repeat 3 times everyday!

*Note: If massage therapy does not seem to make a difference, then referral to a chiropractor is advised.