

Piriformis Syndrome

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What Is Piriformis Syndrome?

The Piriformis is a small muscle that is deep within the buttock. It helps to rotate the leg outwards. It attaches to the femur bone near the outside crease in your buttock & comes from the base of the spine. Sometimes the sciatic nerve can run through the Piriformis muscle or near to it. When the Piriformis gets inflamed it can put pressure on the sciatic nerve and you feel a pain to run down the leg.

Symptoms

- Pain in the buttock.
- Range of movement is reduced in the hip.
- Muscle in the area is very tender.

What can cause Piriformis Syndrome?

Having tight abductors muscles. If the abductors cannot work properly it will put more work on the Piriformis muscles.

What can be done?

- First of all Rest & Ice for the first 3 days. See a sport therapist if you can, he will then apply heat & massage the area to help break down adhesions & stretch the muscles. Ultrasound can be used. A sports therapist may then use P.M.F or M.E.T stretches to help with recovery. Then once you start to recover get correct training & use exercises to strengthen the muscle.

