



PIRIFORMIS CONDITIONS

The piriformis muscle is a deep gluteal muscle of the buttock region, and is narrow and pear shaped. The sciatic nerve can pass above, below or through this muscle.

Piriformis Syndrome

Otherwise known as piriformis impingement, this occurs when there is pressure on the sciatic nerve from the muscle. This can present with local and referred pain and abnormal neurological symptoms at the back of the leg, such as pins and needles and numbness, loss of power or strength.

Treatment by a Physiotherapist may consist of stretching and massage. In extreme cases, surgery may be necessary.

Piriformis Strain

This may be acute or chronic and may involve shortening of the muscle. This may present with deep buttock pain that is made worse by sitting or stair climbing. This is also common during pregnancy, when the muscle spasms as the joints in the pelvis become more flexible.

Treatment by a Physiotherapist may include stretching, massage, posture correction, and electrotherapy modalities.

