

# Piriformis Syndrome

## What is it?

Where the piriformis muscle compresses or impinges the sciatic nerve. More common in women. Often confused with Sciatica.

## What causes it?

Muscle tension and tightness. Poor posture/gait. Muscle imbalances - weak abductor muscles and/or tight adductor muscles.

## Symptoms

Pain along the sciatic nerve from back, through the buttocks and down the leg. Pain when climbing stairs or up an incline. Increased pain after prolonged sitting.

## Top Tips

Once pain has decreased, work on reducing tension, tightness and increasing flexibility asap

## How to Treat it

RICER. Anti-inflammatories and painkillers. Physical therapy like massage using heat.



## Rehab

Stretching adductors and strengthening abductors, gradually increasing in intensity.

## Definitions

**Piriformis Muscle** - small muscle located deep in buttock. Runs from lower spine out to thigh bone

**Sciatic Nerve** - largest nerve in body. Formed of 5 nerve roots from lower spine down into legs

**Sciatica** - pain caused by compression or irritated sciatic nerve

**Abductor Muscles** - muscles of the outer thigh

**Adductor Muscles** - muscle of the inner thigh

**RICER** - rest, ice, compress, elevate, refer

## Associated Conditions

- Hip Flexor Strain,
- Iliopsoas Tendinitis,
- Tendinitis of Adductor Muscles,
- Snapping Hip Syndrome,
- Trochanteric Bursitis

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