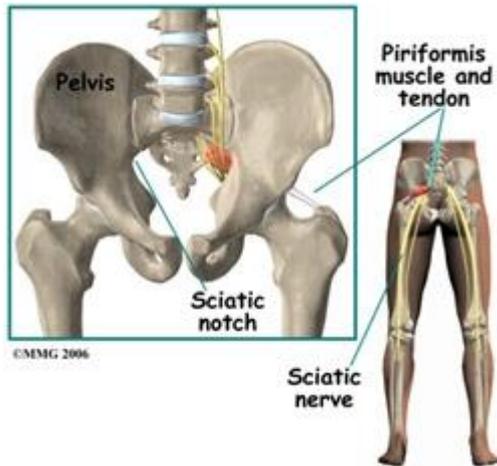


## What is the Piriformis Syndrome? How Piriformis stretching can help.

### Piriformis and Sciatica team up to bring you pain.



The **Piriformis muscle** is located behind your hip joint, its function is to help external rotation of your hip joint. The Piriformis is a flat muscle resembling the shape of a pyramid, it runs almost horizontally across the Sciatic Nerve.

The **Piriformis Syndrome** is characterized by pain radiating into your buttocks and leg. Because of the position of the Piriformis muscle, it is common for it to interfere or press on the Sciatic nerve itself. This usually happens when the muscle becomes too tense and tightens in a spasm-like manner. The Irritation of the Sciatic nerve cause pain to shoot down the leg in a condition referred to as Sciatica.

#### **Piriformis Stretch #1**

Lie down flat on your back with both of your knees bent.

Take the ankle (on the side you have the pain on), and very gently bring it on top of your opposite knee.

Rest your foot so that your ankle is crossed upon your knee, facing you.

Using your hand, gently begin to push the knee that is in the air away from you.

Go slowly, you are looking to feel a gentle but firm stretch in your buttocks, leg, and sometimes the lower back.



You can hold this Piriformis stretch for 3 repetitions of 20-30 seconds each, and repeat 2 - 3 times per day.

#### **Piriformis Stretch #2**

This is a variation of the stretch above in which you will feel your Piriformis stretching deeper.

Get into the same position as for the **Piriformis stretch #1**.

Reach your free hand, and take your other knee from behind.

Begin to pull your knee gently towards you, go slow!

Keep gently pressing with both hands in opposite directions.

If you feel pain, stop, take a couple of deep breaths in the position you stopped in, and then resume.



You can hold this Piriformis stretch for the same time as #1.

Do 3 repetitions of 20-30 seconds each, and repeat 2 - 3 times per day

One of the biggest tips for **Piriformis stretching**, and stretching in general, is to visualize the muscle you are attempting to

stretch relaxing.

Breath deeply, and imagine the muscle slowly releasing all tension.

It sounds silly, but this alone can help you get the relief you need!

Once again, be careful in performing any and all *Piriformis stretching* exercises.

I highly recommend taking a couple of minutes and finding out your particular condition, I found the exercises in this program to be more beneficial than regular physical therapy. The main concept is so practical, I'm surprised more doctors are not following it.