

PIRIFORMIS MUSCLE SYNDROME

SYMPTOMS – Pain in the low back, groin, buttock, hip, posterior thigh, posterior leg, and foot. Symptoms aggravated by prolonged sitting.

CAUSES – Three Main Contributors include:

- Trigger points – Referral pain pattern is commonly felt from the low back and hip down to the lateral side of the leg (thigh) to the lateral ankle. Tingling and burning sensations are common.
- Nerve and vascular entrapment by piriformis muscle. The sciatic nerve runs anterior to the piriformis muscle. If piriformis is spasmed or inflamed, it can entrap the sciatic nerve.

* Piriformis Muscle Syndrome can cause sacroiliac joint dysfunction.

TREATMENT – Stretching and massage of the piriformis muscle.

- Piriformis self-care – Find a flat surface. Lying flat on your back, bend the affected leg at the knee and bring your flexed knee up towards your chest and over towards your opposite shoulder. With your opposite hand, grab the ankle of the leg that is flexed and pull the ankle over and down to the same side as your opposite shoulder. You should feel the stretch in the piriformis muscle.

SCIATICA

SYMPTOMS – Sciatica is a term that describes radiating neurological pain that courses down the backside of the lower extremity. The sciatic nerve, formed by nerve roots from the lumbar and sacral plexuses, is the largest nerve in the body. It passes through a number of small spaces as it makes its way from the lumbopelvic region down the lower extremity. Along the way there are several sites at which sciatic nerve compression can occur. Nerve compression in any of these locations can produce symptoms identical to those of a herniated lumbar disc.

CAUSES –

- When the sciatic nerve is impinged between the *lumbar vertebrae*. The lumbar discs are most likely out of line in the case.

TREATMENT - Sciatica is an orthopedic issue. An orthopedic doctor would be best to provide treatment.

