

# PIRIFORMIS SYNDROME

The piriformis muscle is a small muscle deep in the buttocks region that helps the femur (thigh bone) rotate the thigh outwards (external rotation). The sciatic nerve travels just under (or through) this muscle. Any mild shortening of the piriformis can result in nerve irritation and refer pain to the buttocks, hamstrings, calf, and/or foot. As a result, it is often confused with sciatica. The pelvic joint has a very close relationship to the function of the piriformis. A dysfunctional sacroiliac joint can cause nerve irritation and piriformis shortening. Stretching and ice therapy should quickly reduce this pain syndrome. If pain persists for more than 2–4 days, consult your chiropractor.

## *The “Super Six Rules” to Stretching Successfully:*

- 1 • Warm up (Walk on the spot for 1 to 5 minutes)
- 2 • Hold each stretch one repetition for 30 seconds
- 3 • Do not bounce ( Hold in Comfortable position)
- 4 • Be Gentle (No Pain)
- 5 • Breathe Deeply
- 6 • Stretch both sides equally



**Side of Buttock  
Stretch**



**Buttock/Hamstring  
Stretch**



**Inner Thigh/  
Hamstring Stretch**



**Buttock  
Stretch**



**Low Back/  
Buttock Stretch**



**Buttock & Spinal  
Stretch**

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