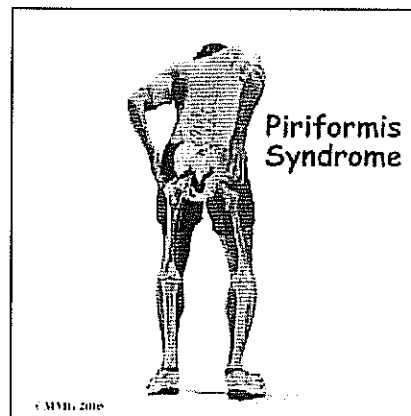


Stretching the Piriformis

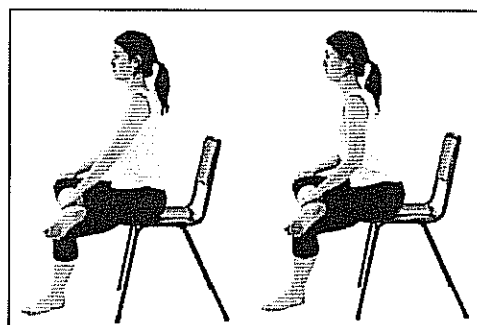
What is the Piriformis Muscle and where is it Located?

The piriformis muscle is a very strong hip muscle, one of the core muscles of the body. It's located beneath the gluteal musculature (buttocks muscles) and is indicated in some specific hip and low back pain issues, including piriformis syndrome and sciatica. These problems can be alleviated by stretching and exercise.



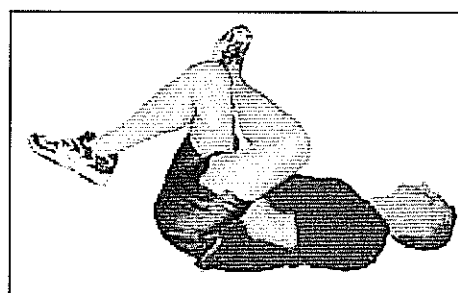
How the Piriformis Moves Us

The primary function of the piriformis is external rotation of the hip. This means if you're standing facing forward, it allows the leg to turn to the outside. It also helps with abduction, or moving away from the midline of the body and extension, or lifting your leg behind you. There's also a stabilizing factor of the hip with weight-bearing activity.



Why is it Important to Stretch Your Piriformis Muscle?

Piriformis syndrome or sciatica are often attributed to the piriformis muscle putting pressure on the underlying sciatic nerve. This pressure can create hip pain, as well as causing radiating pain down the leg and sometimes into the low back. This pressure is likely due to the increased tightness of the muscle and decreased hip range of motion.



*Hold stretch for up to 30 seconds for a total of 10 times. Perform stretching exercises 2-3 times per day.

Arkansas Physical Health and Rehab

1583 Main Drive - Fayetteville, AR 72704 - (479) 443-0800