



Alternative HealthCare Solutions

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What's Missing in Your Treatment of Piriformis Syndrome?

I get a lot of questions about piriformis syndrome and how I treat it. Primarily because most therapists end up only treating the piriformis. Duh... right?

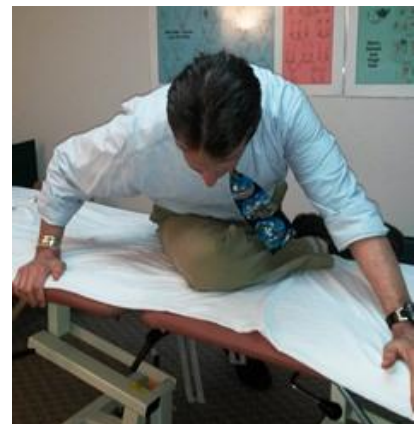
Well to be perfectly candid, the piriformis doesn't just decide to get short tight and over-reactive. There is a cause and you will almost always find it away from the belly of the Piriformis.

- Could be prolonged sitting on a wallet.
- Could be sitting in bucket seats while driving long distances.
- Could be a pelvic asymmetry.
- Could be a sacral asymmetry.
- Could actually be foot ankle biomechanical issues.
- Could be hip pathology.

So the key here is to find the cause, and if it is patient perpetuated, then modify the patient's activity. Put a 3" foam cutout on your car seat, wear cargo pants and put your wallet in the leg pocket, etc.

Typically, most therapists love to jab their elbow into the belly of the piriformis and although it hurts like hell, when finished there is significant relief. This is thought to be due to the Golgi tendon organ.

Teaching the patient to self-treat with a tennis ball or theracane would be some other options. Stretching the Piriformis is also a recommendation.



Another option that is much less painful (actually not painful at all) would be to use Counterstrain technique to set the muscle back to “factory settings.”



But if the problem keeps coming back, the biomechanical issues are not being addressed. So now what?

If it is mechanically perpetuated, then you have to correct the places where the piriformis is attached. The anterior sacrum and the greater trochanter.

Think of the pelvis like a door frame and the sacrum like a door. You can treat the door, but unless you get the frame straight, the door problem persists.

Correcting asymmetries and hypomobility of these critical areas is an absolute must. The evaluations and techniques go way beyond this simple article but I implore you to consider leaning the skill required to be a rock star when it comes to these areas. And by ROCK STAR, I mean, fix it right the first time.

To learn how to be a Rock Star, join us at an [MET seminar](#)!