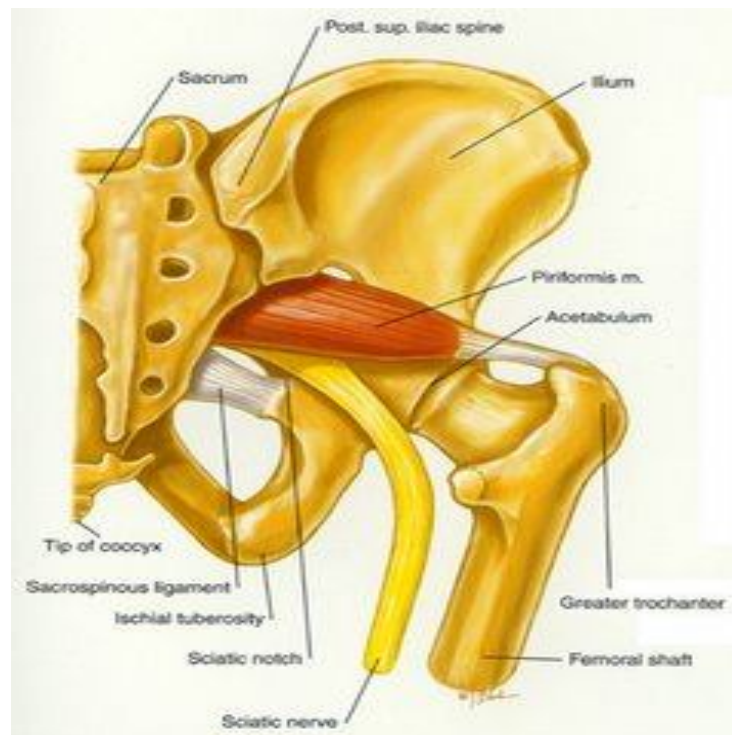


PIRIFORMIS CONDITIONS

The piriformis muscle is a short muscle which lies deep within the buttock region. This muscle runs from the sacrum to the top of the femur and piriformis conditions refer to pain which is caused by this muscle.



Piriformis conditions are usually caused by tightening of the piriformis muscle. This is often the result of a previous strain in this muscle or from repetitive microtrauma. If the piriformis isn't given enough time to heal, then often the muscle becomes short and thickened. This results in pain deep within the buttock when the piriformis is stretched during activities.

Piriformis conditions should not be ignored. It is suggested you seek the assistance of a physiotherapist to prevent the condition worsening over time. If left untreated you may run the risk of the problem deteriorating and requiring a longer recovery time.

A physiotherapist will conduct a thorough assessment of your condition to determine its true severity and develop a treatment program based on their assessment findings. From here, physiotherapy treatment may consist of a combination of activity modification, deep tissue therapy, electrotherapy and stretching and strengthening of the piriformis muscle.