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Piriformis syndrome: Clinical practice guideline for intervention

Introduction

Piriformis syndrome is a neuromuscular disorder where the piriformis muscle in the butt area harms or squeezes the sciatic nerve. This results in pain, sometimes tingling, and even numbness in the buttocks and down the course of sciatic nerve as far as the legs.

piriformis muscle

Piriformis syndrome results from overuse, inflammation, or having an abnormally located piriformis muscle. It is mostly attributed to more prolonged sitting, rigorous exercise, injury or overuse of a site, or joint inflammation.

A precise diagnosis is critical, and the definitive characterisation is clinical and imaging findings.

Physical Therapy

The first intervention inclusion of exercises that target strengthening muscles in the abdominal, back, and pelvic areas, controlling flexibility and neuromuscular bilateral imbalance. Flexing exercises along with focused strengthening exercises tend to take off the pressure on the sciatic nerve.

Conclusion

Piriformis syndrome can be treated through a combination of physical therapy, medication and changes to ones' lifestyle. It is also worth noticing that the clinical practice guidelines pay much attention to individual patient's care plans. Compliance to the mentioned interventions will enhance the functional status and also decrease pain in piriformis syndrome.

Our Mission

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