Rehabilitation protocol

Piriformis muscle syndrome

This is a gluteus sciatica pain, often fluctuating and positional for which the piriformis muscle is strongly involved, with compression of the sciatic nerve likely at the infra-piriformis channel.

The objective of this rehabilitation is to obtain a recovery of flexibility to the periphery of the pelvis and secondarily for spinal mobility.

To achieve this goal, we offer physiotherapy based on several axes:

1. **Stretches for the pelvic muscles** with a particular emphasis on the piriformis muscle
   
   Teach and monitor the various types of stretching mentioned in the self-rehabilitation sheet, so that the patient may continue these at home.

2. **Massage the gluteal muscles** including the gluteus medius muscle and in combination with deep transverse friction massages (DTFM) of the piriformis muscle.

3. **Myotensive workout of the piriformis muscle** through a contract-relax technique.

4. **Analgesic work** on the basis of TENS, on the sciatic nerve pathway.

5. We recommend working on the abdominal muscles and resuming varied and progressive activity.

6. **Supra-pelvic flexibility along with:**
   
   - Passive mobility exercises in the 3 planes.
   - Active resistance by means of a contract/relax technique.
   - Based on the McKenzie techniques either in standing position with hands on the buttocks or laying on the stomach on a table inclined at 30°.
   - The fight against stiffness of the sacroiliac joints.

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Self-Rehabilitation for piriformis muscle syndrome

A stretching session lasts 20 to 30 minutes and must be performed on a daily basis. Various muscle groups under the pelvis are involved. **Stretching should never be painful**, otherwise, it promotes the reflex contraction. For an **effective, gentle and gradual** stretch of each of the muscle groups below, we recommend a set position for 30 seconds to 2 minutes until you achieve a **feeling of well-being** (muscle relaxation).

It is also possible to achieve an effective stretch for 10 seconds with release of 3 seconds, repeating this 3 times.

1. **Stretching the hip flexor muscles**

2. **Stretching the posterior chain**

3. **Stretching the adductor muscles**

4. **Stretching the pelvis trochanteric muscles** (piriformis and obturator internus muscles)
   - **in medial rotation**: knee toward the opposite shoulder
   - **in lateral rotation**

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