

A word on the Piriformis muscle from Active Anatomy

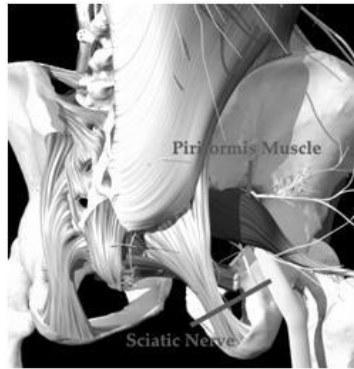


Image from <http://www.wevegoyourback.org/images/piriformislabeled.jpg>

The piriformis is a muscle that has been frequently discussed in the world of training, but just why is it so important?

Piriformis arises from the sacrum (margin of greater sciatic foramen and capsule of the SIJ and sometimes the pelvic surface of the sacrotuberous ligament) to attach to the border of the greater trochanter.

Piriformis is a postural muscle and is required to contract minimally for most of the day. If the piriformis is loaded, (due to weak pelvic stabilisers, gluteus medius in particular) it can become short and tight. The sciatic nerve exits through the pelvis right next to the piriformis muscle, and can be easily pinched if the muscle is not relaxed and lengthened. Due to the location of the piriformis, it can easily become a source of pain and sciatic nerve entrapment.



Piriformis Stretch

Eg: Piriformis stretch is taking the hip into flexion, across the midline and pulling the foot into external rotation. (The opposite to what you might think...)



Strengthening the hip external rotators

Training the piriformis muscle therefore, must be progressed into specific postures that relate to your client's sporting needs.

Want to learn a whole lot more???

Discover the lower kinetic chain, its relationship to the core and pelvis and the reasons why many chronic leg injuries go unresolved.

Book into the next Hip, Knee and Ankle Workshop or purchase the Workshop textbook and Exercise Progression CD at www.activeanatomy.com