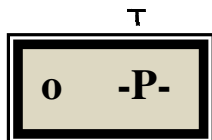


-Piriformis Deep Hip Rotators-

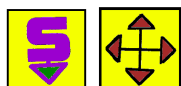
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Steps



Position> The client is prone. The therapist at the hip level facing the client. Rotate the leg and foot laterally to shorten the gluteals and deep hip rotators.

- The lateral rotators may be treated through clothing, a towel, a sheet, or directly on the skin.
- The belly of the piriformis lies in a line from the superior aspect of the greater trochanter to the middle of the lateral border of the sacrum between the coccyx and the PSIS.
- The treatment pressure will need to be deep enough to treat through to the gluteus maximus.



1) With the tips of the thumb pointing toward each other, and positioned at the origin of the piriformis at mid-sacrum, apply **static pressure** and **multi-directional friction** (TPPR) through the gluteus maximus and onto the piriformis. Repeat this procedure moving laterally in segments to the insertion of the piriformis on the superior aspect of the greater trochanter.

- The large T-bar may be used for this procedure when treating from the same side of the body.
- The therapist's elbow may be used when treating across the body from the opposite side of the table.
- This treats the medial belly of the piriformis.

Position> The therapist repositions to face the client at hip level.



2) With the thumb tips facing each other, apply **cross-fiber friction** from the superior aspect of the greater trochanter, moving along the posterior edge until the inferior aspect is treated. Then apply **cross-fiber friction** to the remaining surface of the trochanter.

- This treats the tendons of the six lateral hip rotators, gluteus maximus, gluteus medius and gluteus minimus.
- Hypertonicity of these tendons and their muscles compresses the head of the greater trochanter into the acetabulum which increases pressure on the proprioceptors and thus, is a source of hip pain.



3) With the superior hand, apply **medial or lateral glides** through the bellies of the rotators while using the inferior hand to medially rotate the thigh with the knee flexed at 60 degrees.

- This separates and spreads the fibers in the bellies of the lateral rotators.
- Medial rotation of the leg assist release through reciprocal inhibition.



4) **Glide superiorly** over the attachments of the rotators on the trochanter while rotating the leg medially.

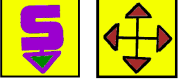



- This treats the insertions of the rotators.

-Piriformis Deep Hip Rotators-

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Summary

👋 Position> The client is prone. The therapist at the hip level facing the client.

- 1)  belly of the piriformis sacrum to trochanter
- 2)  insertions of the rotators and gluteals
- 3)  bellies of the rotators while medially rotating the leg
- 4)  superior glides over the insertions of rotators and gluteals