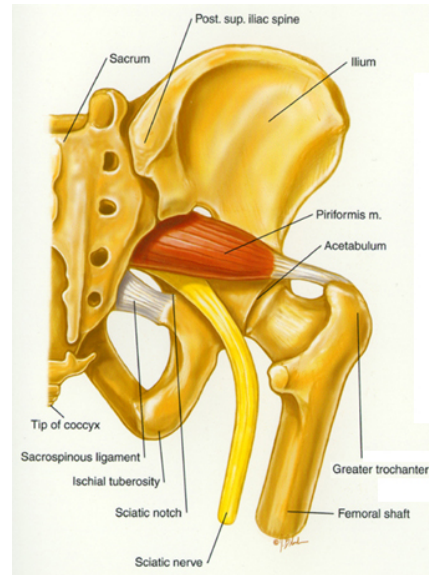


PIRIFORMIS SYNDROME (SCIATICA)



DESCRIPTION: The shortening of the piriformis and other gluteal muscles pinches the sciatic nerve and causes pain that radiates from the buttocks down the back of the leg as far as the sole of the foot and into the groin.

SYMPTOMS: Pain that radiates down the back of the leg, tenderness to the touch in the buttocks, pain in the buttocks when sitting for long periods of time, pain that intensifies during activity hampering range of motion, stiffness/tightness upon movement from a resting position.

CAUSES: Overuse, leg length discrepancies, misalignment, overpronation, muscle imbalances, sitting on an uneven surface, quick changes in direction during activity, or a fall or sharp blow to the area.

TREATMENT: Rest, ice, anti-inflammatory medication, stretching, and self-massage will all help to reduce inflammation in the muscle and joint and increase flexibility. Strength training will help to correct muscle imbalances and promote proper alignment.

HELPFUL PRODUCTS:

FOAM ROLLER: A foam roller will aid in self-massage of the gluteal area and can be a helpful tool in stretching the pelvis.

THE STICK: The stick will also aid in self-massage of the area and handles can be used for trigger point release.

GOOD FORM RUNNING: Poor posture during activity causes poor alignment and leads to overuse and compensation injuries. Sign up for our free clinic and learn how to whip your posture into shape and keep your body properly aligned and functioning at its most efficient level.



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