

Piriformis Muscle Stretches

Patients with Piriformis Muscle Syndrome may try the following stretches for temporary pain relief:

1. Lie on the floor on your back and cross the left ankle over to the right knee.
2. Hold the thigh of your right leg and pull the knee towards you, lifting the foot off the floor.
3. Pull the knee closer towards you to increase the stretch.
4. Hold each repetition for 10 seconds and complete 10 repetitions each time.
5. This stretching exercise can also be done in a sitting position with appropriate back support.



Clinic B1C

TTSH Medical Centre, Level B1

Contact:

6357 7000 (Central Hotline)



Scan the QR Code with your smart phone to access the information online or visit <http://bit.ly/TTSHHealth-Library>

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Department of
PAIN MANAGEMENT CLINIC

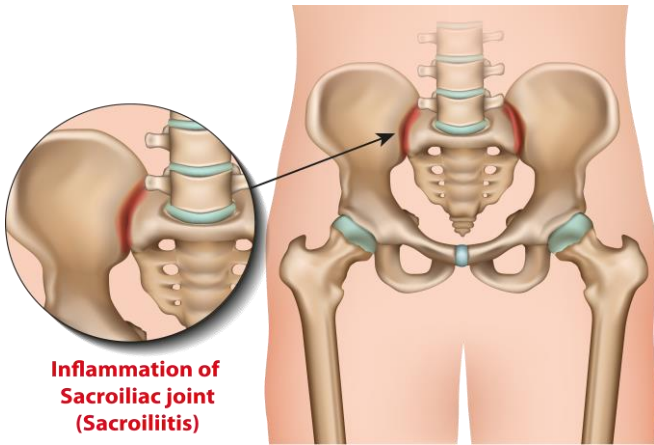
Sacroiliac Joint Pain & Piriformis Syndrome



What is Sacroiliac Joint Pain?

Sacroiliac (SI) joints are joints located on both sides of the spine and connect the spine to the pelvis. These joints provide a strong support to the weight of the upper body.

Arthritis or inflammation of the SI joints may cause individuals to experience pain in their lower back, buttock and hip.



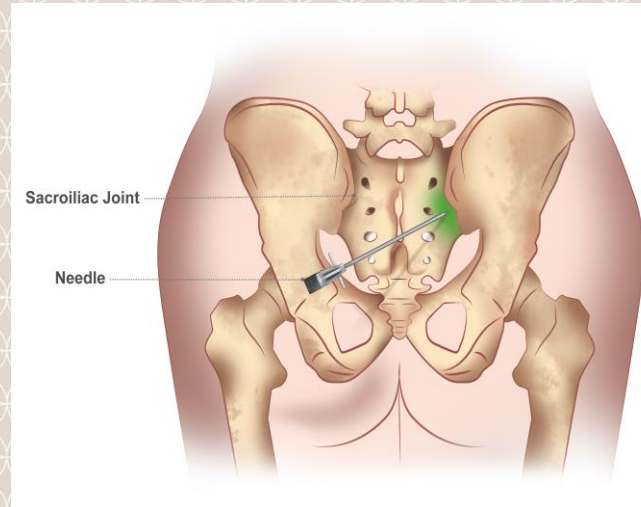
(Front view of the pelvis) Inflammation of the sacroiliac joint may cause pain in the lower back

How can it be Treated?

Sacroiliac (SI) Joint Injection

Patients experiencing SI joint pain may be advised to go for a **SI Joint Injection**, where local anaesthetic is injected into the joint to relieve the pain.

Under the guidance of X-ray or ultrasound, a needle will be inserted into the SI joint, where local anaesthetic (with or without steroids) will be injected to reduce inflammation and the pain (refer to image).



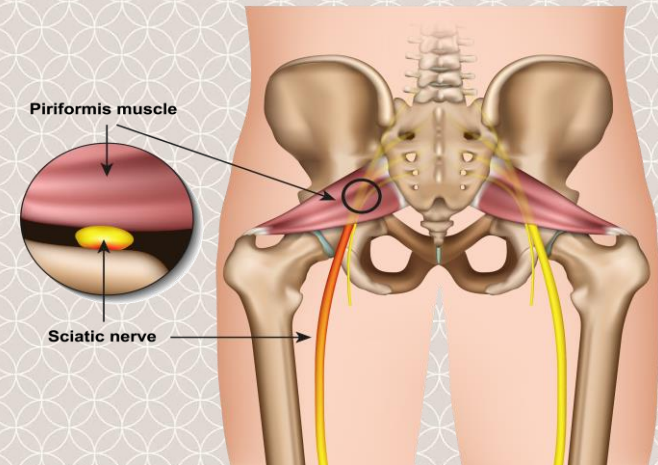
(Back view of the pelvis) Injection of local anaesthetic to the affected SI joint for pain relief

Sacroiliac Joint Denervation

In cases where the SI joint injection was effective in managing the pain, **SI joint denervation** may be performed to offer a longer lasting pain relief. This treatment involves using electrical currents to burn the nerves affecting the affected SI joint for pain relief.

What is Piriformis Muscle Syndrome?

Individuals with SI joint pain often also experience Piriformis Muscle Syndrome, which is a condition caused by the inflammation of the piriformis muscle. This puts pressure on the sciatic nerve, resulting in pain that radiates down the leg.



Compression of the sciatic nerve by piriformis muscle causing pain down the leg

How can it be Treated?

Patients with Piriformis Muscle Syndrome may be treated with a simple piriformis injection, where local anaesthetic (with or without steroids) is injected to the piriformis muscle under the guidance of X-ray or ultrasound to reduce the pain.