

## Massage For Piriformis Syndrome:



*Figure 1. To find the piriformis muscle, begin by locating the outer part of the hip by placing the base of the palm of your hand on your waist and laying your fingers down the side of your pelvis. If you rotate your leg, you should feel the hip rotating under your fingers. Make note of where the hip is (you may want to keep one hand on it as shown above). Next, find the tip of the sacrum bone at the top of the “butt crack”. The piriformis muscle runs from the lower edge of the side of the sacrum to the hip.*



*Figure 2. Feel for a tight and/or tender spot midway along the piriformis muscle (between the tip of the sacrum and hip joint) and massage with your knuckles or fingers in a circular motion.*