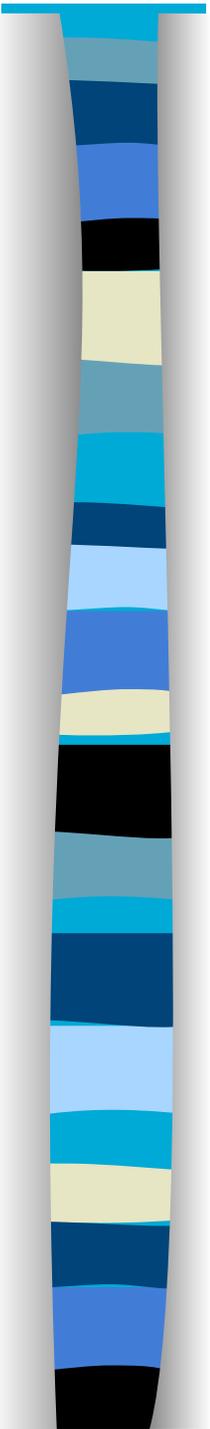


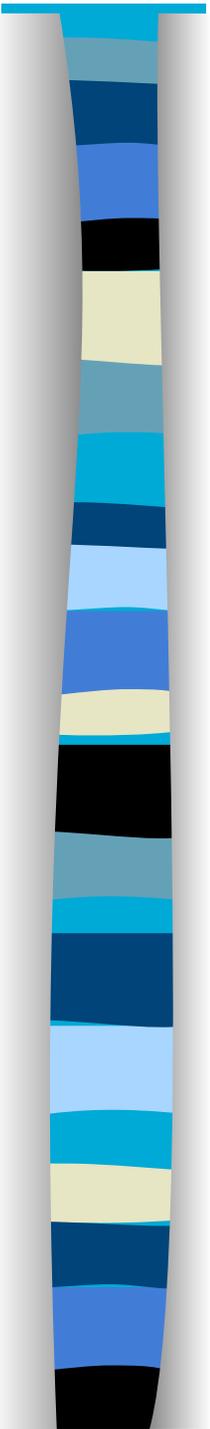
## 73b Orthopedic Massage: Technique Demo and Practice Piriformis and Sacroiliac



# 73b Orthopedic Massage: Technique Demo and Practice Piriformis and Sacroiliac

## Class Outline

15 minutes	Break
5 minutes	Attendance, Breath of Arrival, and Reminders
75 minutes	1 <sup>st</sup> trade technique demo and practice
20 minutes	Break and switch tables
75 minutes	2 <sup>nd</sup> trade technique demo and practice
20 minutes	Break down, clean up, and discussion
3 hours and 30 minutes total	



# 73b Orthopedic Massage: Technique Demo and Practice

## Piriformis and Sacroiliac

### Class Outline

#### Quizzes:

- 75a Kinesiology Quiz (gluteals, erectors, lats, biceps femoris, quadratus femoris, piriformis)
- 78a Kinesiology Quiz (erectors, lats, quadratus lumborum, multifidi, rotatores)

#### Spot Checks:

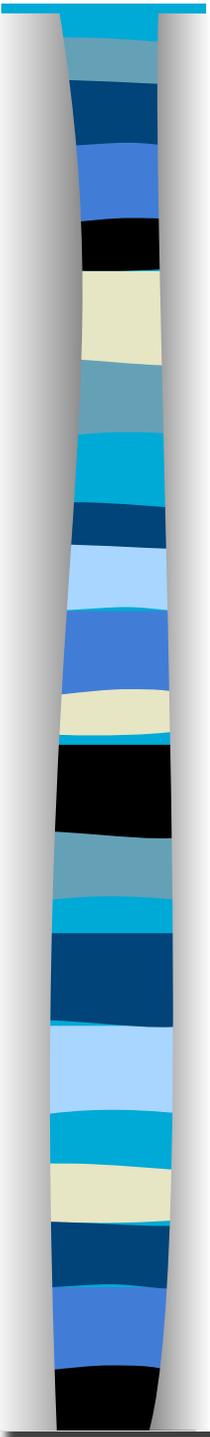
- 75b Orthopedic Massage: Spot Check – Piriformis and Sacroiliac
- 78b Orthopedic Massage: Spot Check – Low Back Pain

#### Assignments:

- 85a Orthopedic Massage: Outside Massages (2 due at the start of class)

#### Preparation for upcoming classes:

- 75a MBLEx Prep
  - Using ABMP Exam Coach, select “Study Subjects”, and then “Massage Theory”
  - For each of the 4 Massage Theory Topics, “Take a Practice Quiz” 4 times (16 total)
  - Research anything that isn’t clear on the Internet and bring what you find to class
- 75b Orthopedic Massage: Spot Check - Piriformis and Sacroiliac
  - Packet J: 63-64.
  - Packet A: 91-92, and 97-98.



# Classroom Rules

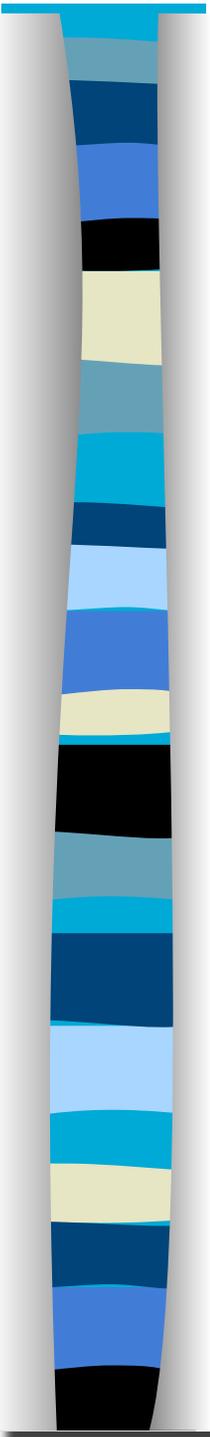
**Punctuality** - everybody's time is precious

- Be ready to learn at the start of class; we'll have you out of here on time
- Tardiness: arriving late, returning late after breaks, leaving during class, leaving early

**The following are not allowed:**

- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

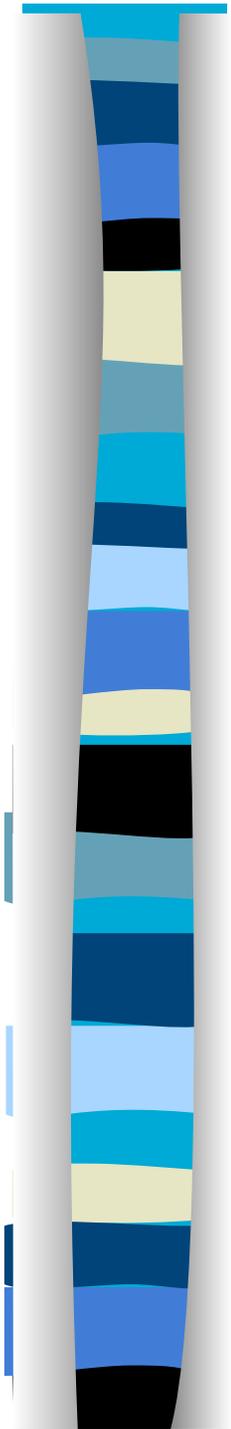
*You will receive one verbal warning, then you'll have to leave the room.*



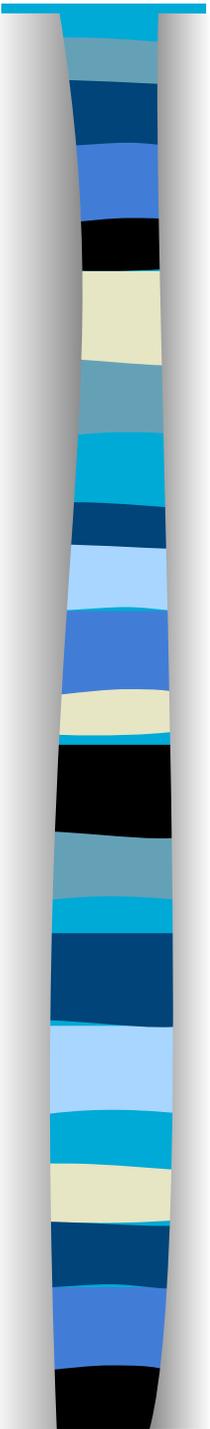
73b Orthopedic Massage: Technique Demo and Practice  
Piriformis and Sacroiliac

Packet J – 49

**There is usually only time to work one side  
during this demo and practice class.**



# Soft-Tissue Manipulation Prone Details



## PRONE - Piriformis & Sacroiliac

### Draping

- Uncover the back

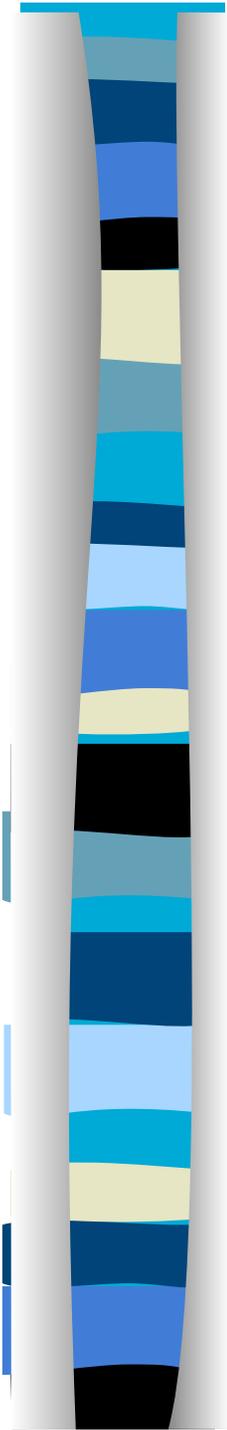
### 1. Sacroiliac ligament: deep transverse friction

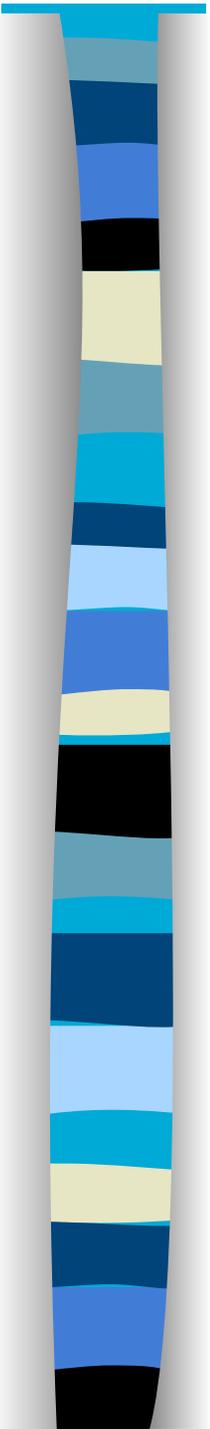
- Address one side and then the other
- Use thumbs or finger tips with hands stacked for stability
- Work in a superior-inferior direction
- Use moderate pressure for about 1 minute
- Address all ligaments between posterior ilium and sacrum

## PRONE - Piriformis & Sacroiliac

### 2. Low back: superficial fascia assessment

- Work without lubricant
- Address one side and then the other
- Use your palm and fingers to apply light tangential pulling pressure
- Place your fingertips flatly on the skin surface
- Press in just enough to traction the superficial fascia without sliding
- Slowly traction in all directions taking note of restrictions
- Use before and after treating superficial fascia to gauge progress

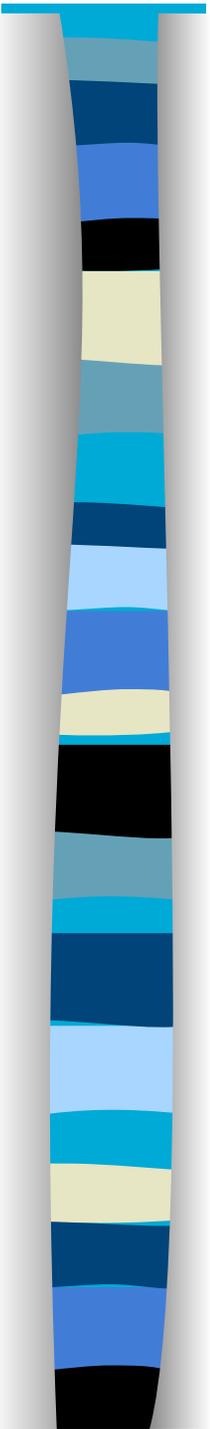




## PRONE - Piriformis & Sacroiliac

### 3. Low back: myofascial release (bilateral)

- Work without lubricant
- Assess the fascia before and after to track effectiveness
- Arms crossed: place hands 5 to 10 inches apart on either side of the spine
- Apply a light degree of pulling force between the hands
- Hold. Wait for a subtle sensation of tissue release or a working sign
- Slowly release and repeat (between the sacrum and T10)



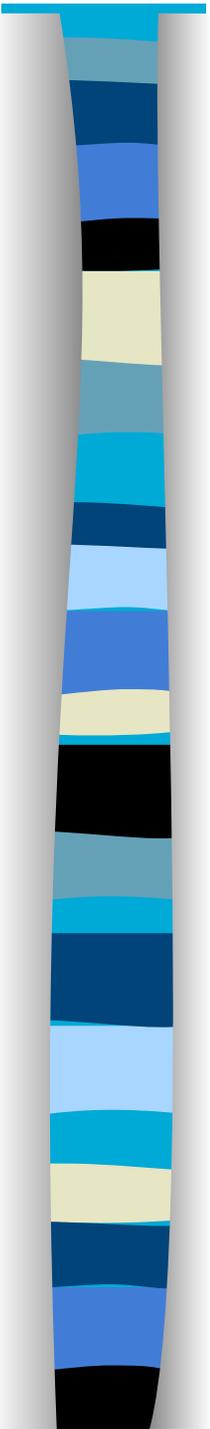
## PRONE - Piriformis & Sacroiliac

### 4. Draping

- Fold sheet and blanket diagonally to access upper and lateral gluteals

### 5. Gluteals: superficial fascia assessment

- Work without lubricant
- Use your palm and fingers to apply light tangential pulling pressure
- Place your fingertips flatly on the skin surface
- Press in just enough to traction the superficial fascia without sliding
- Slowly traction in all directions taking note of restrictions
- Use before and after treating superficial fascia to gauge progress

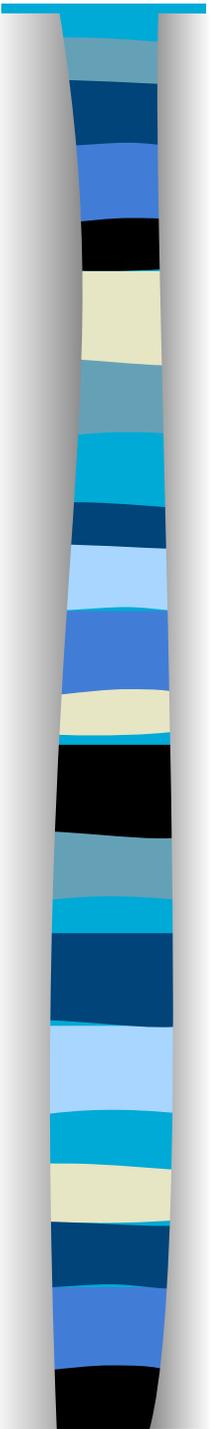


## PRONE - Piriformis & Sacroiliac

### 6. Gluteals: myofascial release

- Work without lubricant
- Assess the fascia before and after to track effectiveness
- Use a light and slow force to lengthen the superficial fascia
- Using two loose fists, stroke medial to lateral
- Do not neglect the uppermost gluteal fibers

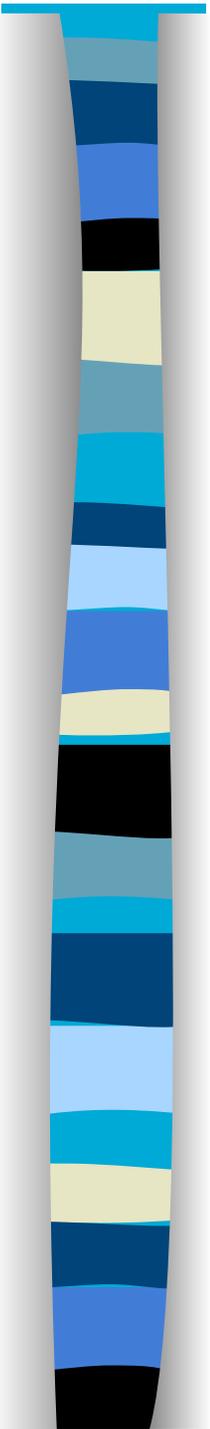
**Repeat on the other side starting with “5. Gluteals: superficial fascia assessment”.**



## PRONE - Piriformis & Sacroiliac

### 7. Low back: warming and softening

- Address thoracolumbar fascia, lats, erectors, and QL
- BMTs: spinal rotation and release with erector compressions
- Swedish: effleurage, wringing, pulling, and skin rolling
- Deep tissue: QL deep effleurage
- Tissues must be thoroughly warmed and softened before proceeding

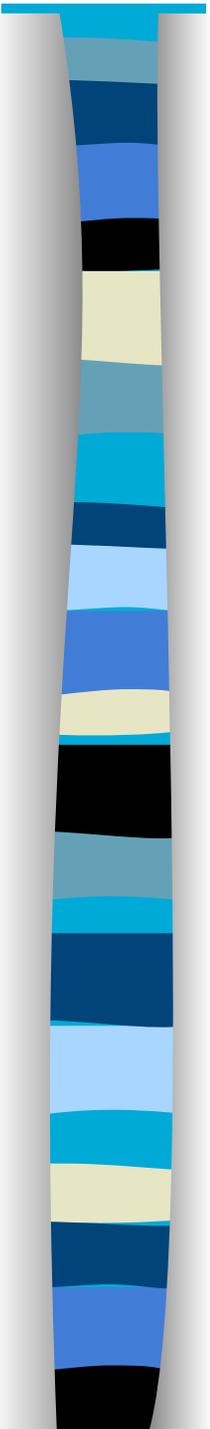


## PRONE - Piriformis & Sacroiliac

### 8. Low back: deep longitudinal stripping

- Check in with the client because this may be intense
- Address thoracolumbar fascia, lats, and erectors
- Use thumbs or fingertips with hands stacked for stability
- Work superiorly in 2-4 inch sections
- Pause and repeat in areas of tension
- Progressively work more deeply as tissues soften

Repeat on the other side starting with “7. Low back: warming and softening”.



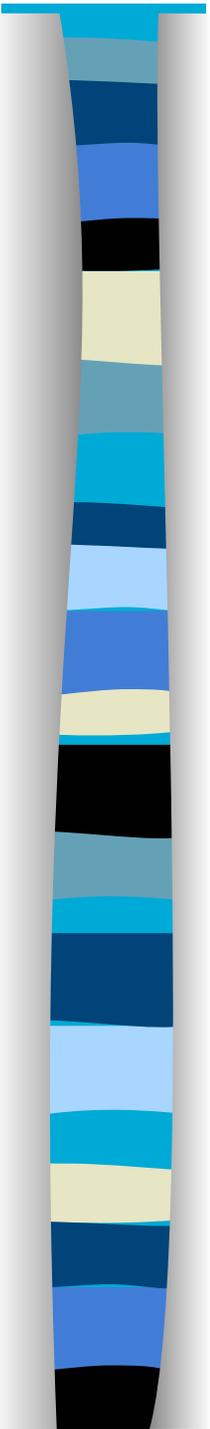
## PRONE - Piriformis & Sacroiliac

### 9. Sacroiliac ligament: deep transverse friction

- Address one side and then the other
- Use thumbs or finger tips with hands stacked for stability
- Work in a superior-inferior direction
- Use moderate pressure for about 1 minute
- Address all ligaments between posterior ilium and sacrum

### Draping

- Cover the leg



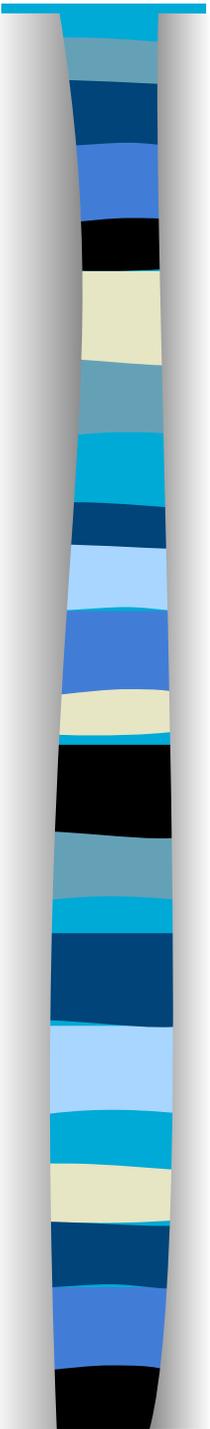
## PRONE - Piriformis & Sacroiliac

### Draping

- Uncover a leg

### 10. Hamstrings: warming and softening

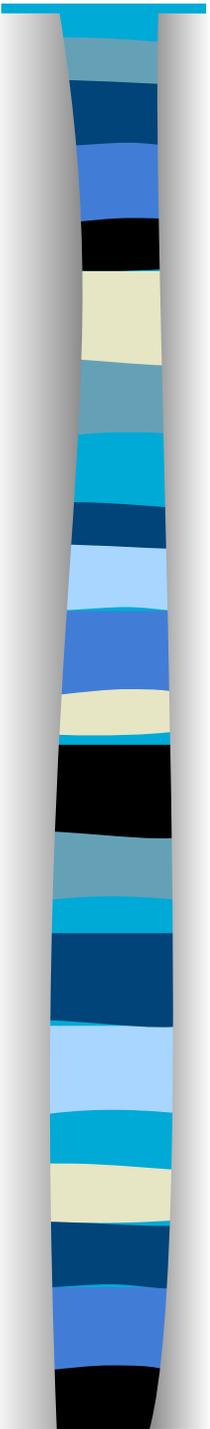
- Address biceps femoris especially
- Swedish: effleurage, loose-fist compressions, kneading, and skin rolling
- BMT: hamstring compressions with knee and hip mobilization
- Deep tissue: deep effleurage and deep transverse friction and melting
- Tissues must be thoroughly warmed and softened before proceeding



## PRONE - Piriformis & Sacroiliac

### 11. Hamstrings: deep longitudinal stripping

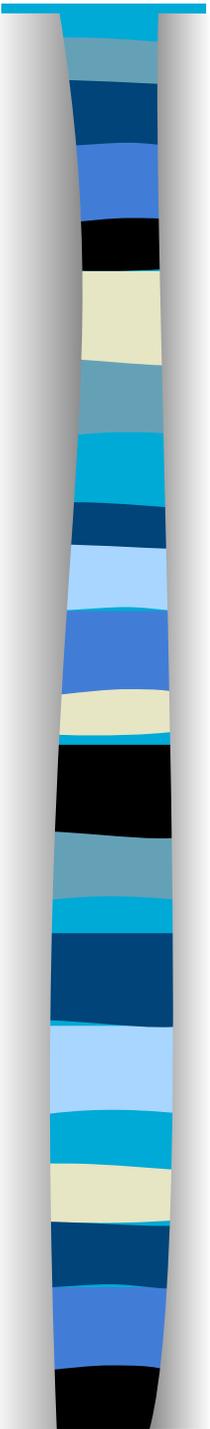
- Check in with the client because this may be intense
- Address biceps femoris especially
- Start with a very broad forearm stroke
- Progress to thumb or fingertip stripping working proximally
- Work superiorly in 2-4 inch sections
- Pause and repeat in areas of tension
- Progressively work more deeply as tissues soften



## PRONE - Piriformis & Sacroiliac

### 12. Gluteals: warming and softening

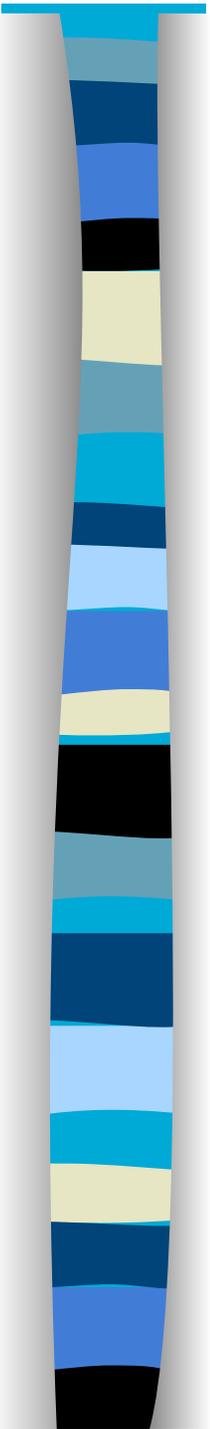
- Address gluteus maximus especially
- Swedish: effleurage, loose-fist compressions, kneading, and skin rolling
- BMT: gluteal compressions with knee and hip mobilization
- Deep tissue: deep effleurage
- Tissues must be thoroughly warmed and softened before proceeding



## PRONE - Piriformis & Sacroiliac

### 13. Piriformis: deep longitudinal stripping

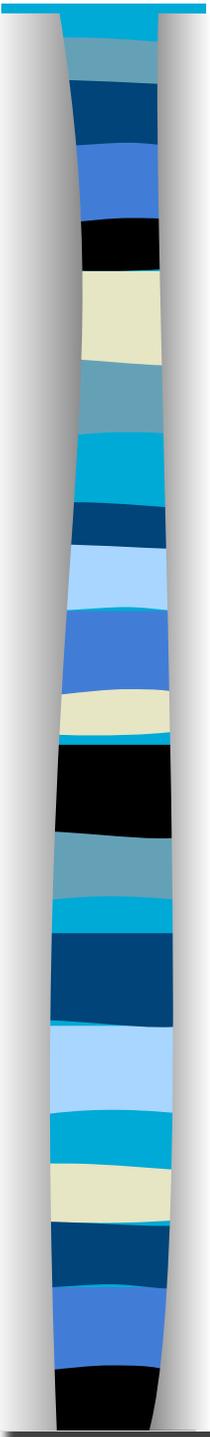
- Check in with the client because this may be intense
- Piriformis runs diagonally from the center of the sacrum toward the greater trochanter
- Use two loose fists focusing on 1 or 2 knuckles
- Strip from origin to insertion
- Progressively work more deeply as tissues soften



## PRONE - Piriformis & Sacroiliac

### 14. Piriformis: pin and stretch

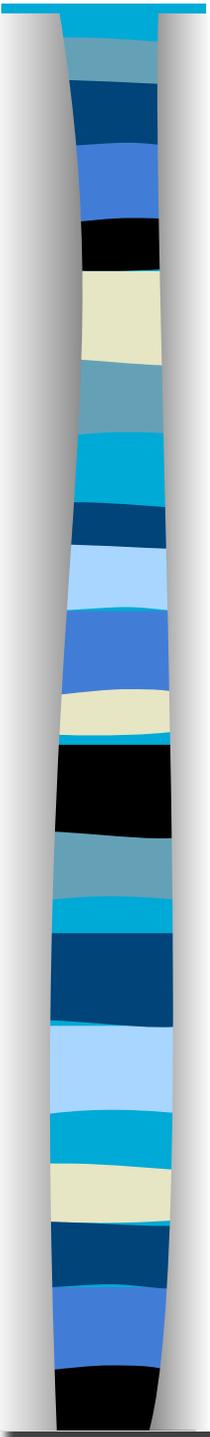
- Holding the client's ankle, flex the knee to 90 degree
- Passively shorten the piriformis: take the hip into full lateral rotation
- Pin the piriformis: use a thumb or thumb wrapped in the index finger
- Passively lengthen the piriformis: compassionately continue to pin the piriformis while taking the hip into full medial rotation
- Release and repeat several times for maximum benefit



## PRONE - Piriformis & Sacroiliac

### 15. Piriformis: deep longitudinal stripping after PIR

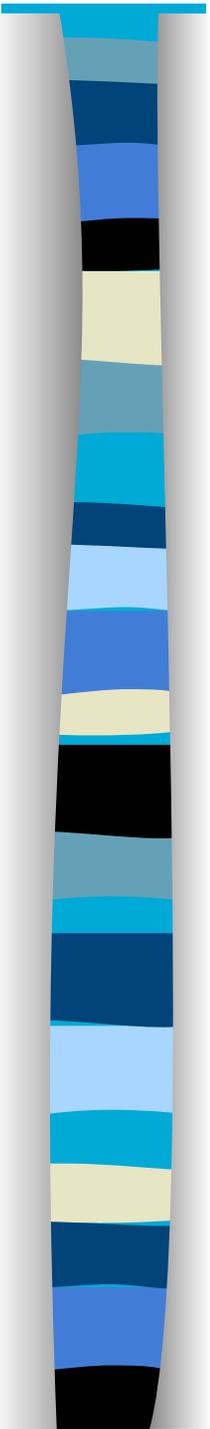
- Check in with the client. This may feel intense.
- Holding the client's ankle, flex the knee to 90 degrees
- Instruct the client:
  - “Use 25% of your strength to hold your leg in this position for 5 seconds as I try to rotate it toward me.” (isometric contraction)
  - “Slowly release that contraction.” (post-isometric relaxation)
- Pull the ankle toward yourself to medially rotate the hip
- Simultaneously use the knuckles of a loose fist to strip the piriformis
- Release and repeat several times for maximum benefit



## PRONE - Piriformis & Sacroiliac

### 16. Piriformis: active-assisted stretch after PIR

- Use this for clients whose symptoms are exacerbated by pressure on the piriformis
- Check in with the client: lateral rotation may aggravate the knee joint
- Holding the client's ankle, flex the knee to 90 degrees
- Hip joint mobilizations
- Bring the client's knee back to 90 degrees of flexion
- Instruct the client:
  - “Use 25% of your strength to hold your leg in this position for 5 seconds as I try to rotate it toward me.” (isometric contraction)
  - “Slowly release the contraction” (post-isometric relaxation, PIR)
  - “Now I'm going to stretch your piriformis.”
  - “Let me know when this is a good stretch for you.”
- Medially rotate the hip by pulling the ankle toward yourself
- When the client says its good, hold for three of your breath cycles
- Slowly release the stretch. Repeat hip joint mobilizations

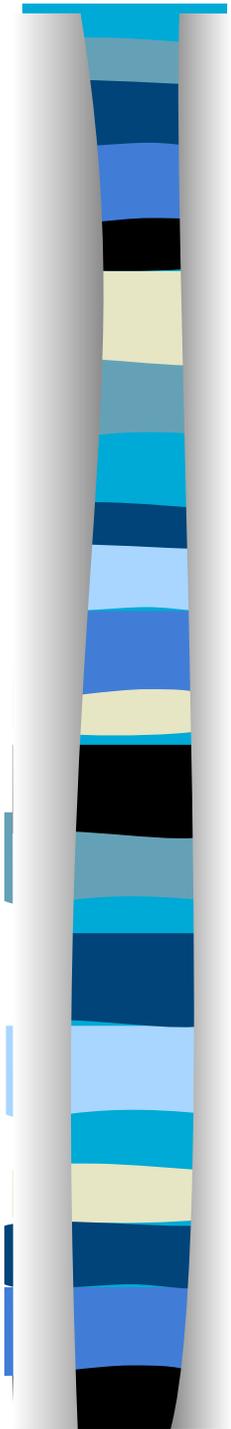


## PRONE - Piriformis & Sacroiliac

### 17. Sacroiliac ligament: deep transverse friction

- Address one side and then the other
- Use thumbs or finger tips with hands stacked for stability
- Work in a superior-inferior direction
- Use moderate pressure for about 1 minute
- Address all ligaments between posterior ilium and sacrum

Repeat on the other side starting with “10. Hamstrings: warming and softening”.

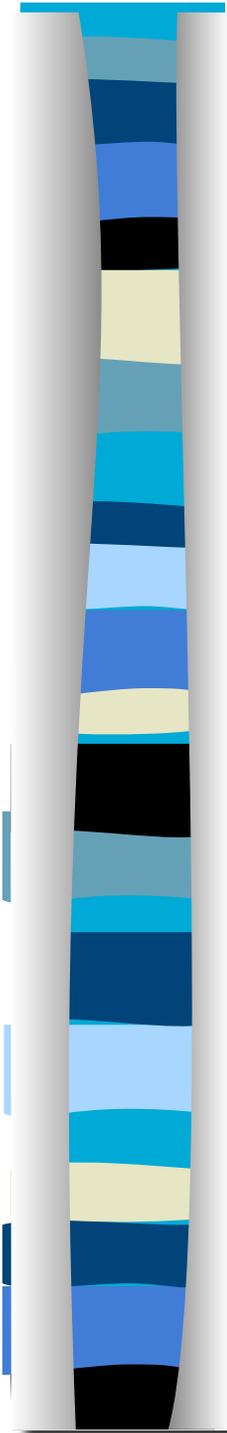


# Soft-Tissue Manipulation Supine Details

## SUPINE - Piriformis & Sacroiliac

18. Gluteal: passive stretch

19. Low back: passive stretch

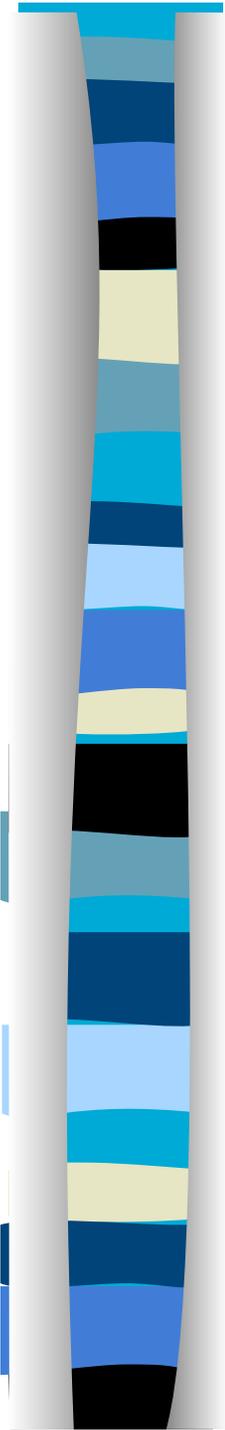


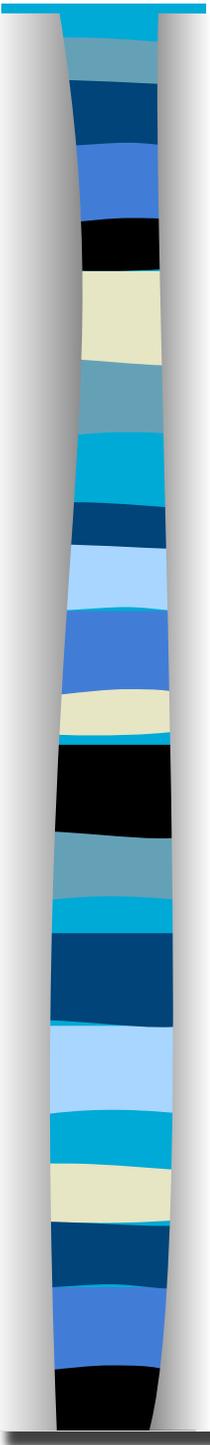
## SUPINE - Piriformis & Sacroiliac

### 20. Hamstring: active-assisted stretch after PIR

- Hip joint mobilizations
- Instruct the client:
  - “I’m going to stretch your hamstrings.”
  - “Let me know when you begin to feel this stretch.”
  - (Supporting the knee to avoid hyperextension, flex the leg until the client says that they can feel the stretch)
  - “Inhale and hold your breath. Using only 25% of your strength, press your thigh down toward the table against my resistance and I will count down from 5.” (isometric contraction)
  - “Slowly release the contraction and the breath.” (PIR)
  - “Now pull your thigh toward your chest until you feel a stretch. I’ll follow you with my hands and support your leg.”
  - “Relax your leg and I will hold it here for a stretch.”
- Hold the stretch for three of your breath cycles
- Slowly release the stretch and repeat hip joint mobilizations

**Repeat on the other side starting with “18. Gluteal: passive stretch”.**





73b Orthopedic Massage: Technique Demo and Practice  
Piriformis and Sacroiliac