



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



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Piriformis and Sacroiliac

Class Outline

15 minutes	Break
5 minutes	Attendance, Breath of Arrival, and Reminders
75 minutes	1 st trade technique demo and practice
20 minutes	Break and switch tables
75 minutes	2 nd 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 F: 58



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.



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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

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”.



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