



74b Orthopedic Massage: Technique Review 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

1st trade technique demo and practice

20 minutes

Break and switch tables

75 minutes

2nd trade technique demo and practice

20 minutes

Break down, clean up, and discussion

Total time: 3 hours 30 minutes



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Piriformis and Sacroiliac

Class Reminders

Quizzes:

- 78a Kinesiology Quiz (erectors, lats, quadratus lumborum, multifidi, rotatores) – 50 questions in 40 minutes

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 Intro to Special Populations and Psychiatric Disorders
- Packet K: 1-18
- 75b Orthopedic Spot Check
- Bring A-97 for grading
- 76a Orthopedic Massage: Introduction – Low Back Pain
- Packet j: 65-68
- 76b Orthopedic Massage: Technique Demo and Practice – Low Back Pain
- Packet j: 69-76
- 77a Myofascial and Fascia Techniques (Part I)



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 - 63



PRONE - Piriformis & Sacroiliac

1. Sacroiliac ligament: deep transverse friction

(both sides, superior-inferior, moderate pressure, 1 minute, length of sacrum)

2. Low back: superficial fascia assessment

(without lubricant, both sides, tangential pressure, no sliding, all directions)

3. Low back: myofascial release

(without lubricant, bilateral, tangential pressure, no sliding, all directions)

4. Gluteals: draping

(fold sheet diagonally to access upper and lateral gluteals)

5. Gluteals: superficial fascia assessment

(without lubricant, both sides, tangential pressure, no sliding, all directions)

6. Gluteals: myofascial release

(without lubricant, bilateral, tangential pressure, no sliding, all directions)



PRONE - Piriformis & Sacroiliac

7. Low back: warming and softening

(lower lats, lumbar erectors, QL, spinal rotation and release with erector compressions, eff, pet, wring, pull, skin rolling, QL deep eff)

8. Low back: deep longitudinal stripping

(“may be intense”, lower lats, lumbar erectors, 2-4” sections, thumbs, fingertips)

9. Sacroiliac ligament: deep transverse friction

(both sides, superior-inferior, moderate pressure, 1 minute, length of sacrum)

10. Hamstrings: warming and softening

(esp. biceps femoris, hamstring compressions with knee and hip mobilizations, eff, loose fist compressions, knead, skin rolling, deep eff & transverse friction)

11. Hamstrings: deep longitudinal stripping

(“may be intense”, esp. biceps femoris, 2-4” sections, thumbs, fingertips)



PRONE - Piriformis & Sacroiliac

12. Gluteals: warming and softening

(esp. gluteus maximus, gluteal compressions with knee and hip mobilizations, eff, loose fist compressions, knead, skin rolling, deep eff)

13. Piriformis: deep longitudinal stripping

(“may be intense”, correct path, O to I, loose fists focusing on 1 or 2 knuckles)

14. Piriformis: pin and stretch

(knee flexed 90°, hip laterally rotated fully, pinned, hip medially rotated fully)

15. Piriformis: deep longitudinal stripping after PIR

(“may be intense”, knee flexed 90°, “use 25% strength to hold this position”, rotate toward you medially for 5 seconds, “slowly release the contraction”, loose fist knuckle stripping while simultaneously rotating the hip medially)

16. Piriformis: passive stretching after PIR

(“may aggravate your knee”, joint mobilizations, knee flexed 90°, “use 25% strength to hold this position”, rotate toward you medially for 5 seconds, “slowly release the contraction”, “let me know when this stretch is good for you”, hip medial rotation, hold for 3 of your breath cycles, joint mobilizations)

17. Sacroiliac ligament: deep transverse friction

(both sides, superior-inferior, moderate pressure, 1 minute, length of sacrum)



SUPINE - Piriformis & Sacroiliac

18. Gluteals: passive stretch

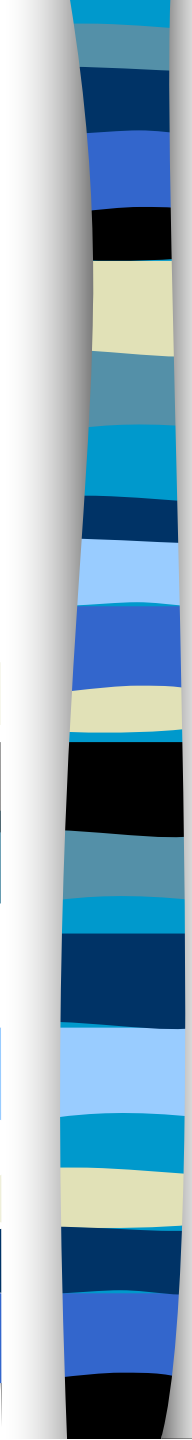
(joint mobilization, slight hip traction, “indicate when this stretch is good for you”, knee toward coracoid, hold for 3 of your breaths, joint mobilizations)

19. Low back: passive stretch

(joint mobilizations, position foot on lateral side of contralateral knee, slight hip traction, “indicate when stretch is good”, hold for 3 breaths, joint mobilizations)

20. Hamstrings: active-assisted stretch with PIR

(joint mobilizations, “let me know when this stretch is good for you”, support knee avoid hyperextension, slight traction through hip and knee, “use 25% strength to press thigh down toward table against my resistance”, resist hip extension for 5 seconds, “slowly release the contraction”, “pull your thigh toward your chest”, hold for 3 of your breath cycles, joint mobilizations)



The following pages are the same as the slides used in
73b Orthopedic Massage: Technique Demo and Practice - Piriformis & Sacroiliac,
but are included here as reference material for this 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 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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