

## Piriformis Syndrome

### What is the Piriformis Muscle?

The piriformis muscle is a band-like muscle located behind the hip joint. It serves to help rotate your leg outwards and also helps to stabilize your hips when you walk and stand.

With overuse or excessive strain, this muscle can become dysfunctional and tight. Over time, this muscular tension can reduce blood flow to the area and worsen the pain cycle.

Since the sciatic nerve runs in close proximity to this muscle (sometimes through the muscle itself), dysfunction of the muscle can also result in pinching and irritation of the nerve. This can result in pain that radiates down the leg. This condition is often referred to as **piriformis syndrome** by healthcare professionals.

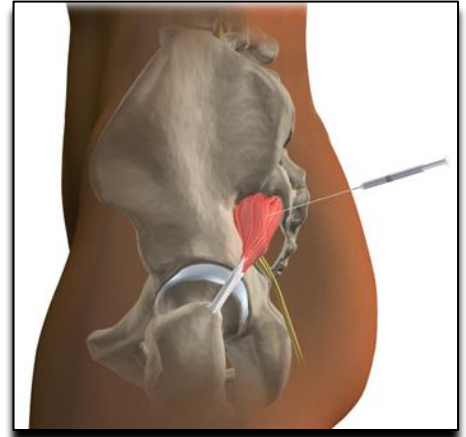


Image source: [eOrthopod](http://eOrthopod.com)

### What is a Piriformis Injection?

This type of injection involves the use of a small needle to administer local anesthetic and steroid medication directly into painful area within the piriformis muscle. This procedure help to release the muscle tension, reduce inflammation, and break the cycle of dysfunction and pain.

### How Is A Piriformis Muscle Injection Performed?

You will asked to lay face-down on the procedure table. Cleaning solution is applied over the painful site on the buttock. Local anesthetic medication will then be applied to numb the skin. Then, using the help of ultrasound guidance, your physician will insert a small needle to inject a mixture of local anesthetic and steroid medication into the painful piriformis muscle.

### Risks and Complications:

Piriformis injections are considered very safe in general. However, as with any minor medical procedure, there are potential risks. The most common adverse effect with this procedure is known as a *sciatic nerve block*. The sciatic nerve is a large nerve that runs in through the back of the leg, directly behind the piriformis muscle, and in many cases, some of the local anesthetic medication can leak onto this nerve. This will result in leg weakness and numbness for a few hours. *If you experience this side effect, please let us know as we will give you extra assistance with walking.*

Other complications are bleeding, infection, nerve injury, and allergic reaction. There may also pain, bleeding, or bruising at the site of needle entry. In some cases, there may be worsening or no improvement of your pain. Through the use of image guidance and sterile technique, we will take every measure to minimize these potential risks and maximize the therapeutic benefit.

This website includes a list of exercises to help with piriformis syndrome [\(LINK\)](#).

(Image from the same website.)

