



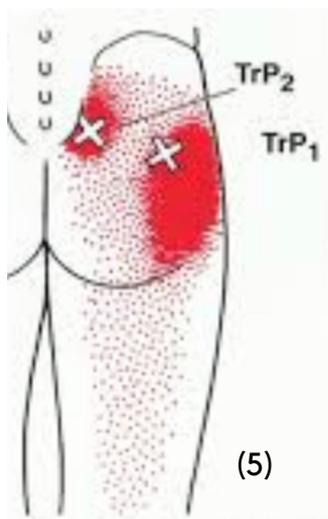
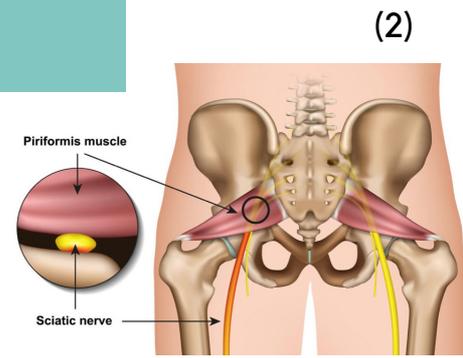
Piriformis syndrome and the Jing Method™ by Mandala Massage Brighton

What is it?

Piriformis syndrome (PS) is a painful musculoskeletal condition, characterized by a combination of symptoms including buttock or hip pain. (1). It occurs when the piriformis muscle compresses the sciatic nerve.

What causes it?

Compression from things like sitting on hard surfaces or having you wallet or keys in your back pocket, a fall or blow to the buttocks, overuse from long distance walking/running and especially seated activities that involve strenuous leg movements such as rowing, weak/inactive gluteal muscles and over active hip flexors, caused by sitting for prolonged periods. (4)



(4) **Symptoms**
 Low back pain,
 Pain and or numbness/tingling radiating through gluteal area and down the back of the thigh,
 Pain increases with prolonged sitting/inactivity,
 Groin and pelvic pain

Treating piriformis syndrome with the Jing Method™

An essential part of the Jing Method™ is treating trigger points within the muscles. These hyper irritable localised spots of exquisite tenderness (5) in the muscles and fascia cause the referred pain pattern shown above. Treating these, along with stretching, can be extremely beneficial for piriformis syndrome.

(3) **THE JING METHOD EXPERIENCE**

-  A WARM AND COMPASSIONATE PARTNER TO GUIDE YOU ON YOUR JOURNEY OUT OF CHRONIC PAIN
-  A REDUCTION OF YOUR PAIN AND INCREASE IN MOVEMENT IN 6 TREATMENTS OR LESS
-  A THOROUGH ASSESSMENT UTILISING ORTHOPAEDIC FUNCTIONAL MUSCLE TESTING
-  AN INDIVIDUAL TREATMENT PLAN TO ADDRESS YOUR PRESENTING PAIN CONDITION
-  A FUSION OF ADVANCED MASSAGE AND SOFT TISSUE TECHNIQUES DRAWN FROM EAST AND WEST
-  TAILORED AFTER-CARE TO PUT YOU IN THE DRIVING SEAT OF YOUR RECOVERY

Does massage help?

There is evidence supporting the use of massage to treat the piriformis syndrome.

Studies included in a 2021 literature review presented that manual therapy accompanying with stretching techniques show great improvement in range of motion of the hip joint and reducing pain in patients with piriformis syndrome.

The review concluded that using muscle energy techniques (MET) with stretching of the piriformis and other hip muscles are effective in reduction of pain and disability and improvement of range of motion in patients suffering from piriformis syndrome. (6)

Things you can do yourself

Self massage to the piriformis using heat and spikey balls, followed by stretching can help to soften the muscle and aid release.

Doing these daily, following the guidance of your Jing Method™ advanced clinical massage therapist will reduce pain and get you back to doing the activities you enjoy.



Contact me on 07737 142699 or visit mandalamassagebrighton.com to book your appointment

Sources

- (1) Piriformis Syndrome - Physiopedia (physio-pedia.com)
- (2) spineuniverse.com
- (3) Infographic courtesy of Jing Advanced Massage Training. JAMMM resources.
- (4) ACMT pathologies manual. Jing Advanced Massage Training.
- (5) Trigger Point Therapy for Myofascial Pain. Finando and Finando
- (6) Khakneshin, A.A., Javaherian, M. and Attarbashi Moghadam, B., 2021. The Efficacy of Physiotherapy Interventions for Recovery of Patients Suffering from Piriformis Syndrome: A Literature Review. Journal of Rafsanjan University of Medical Sciences, 19(12), pp.1304-1318.