

STRETCHES FOR

PIRIFORMIS SYNDROME

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3 Main Piriformis Stretch Poses

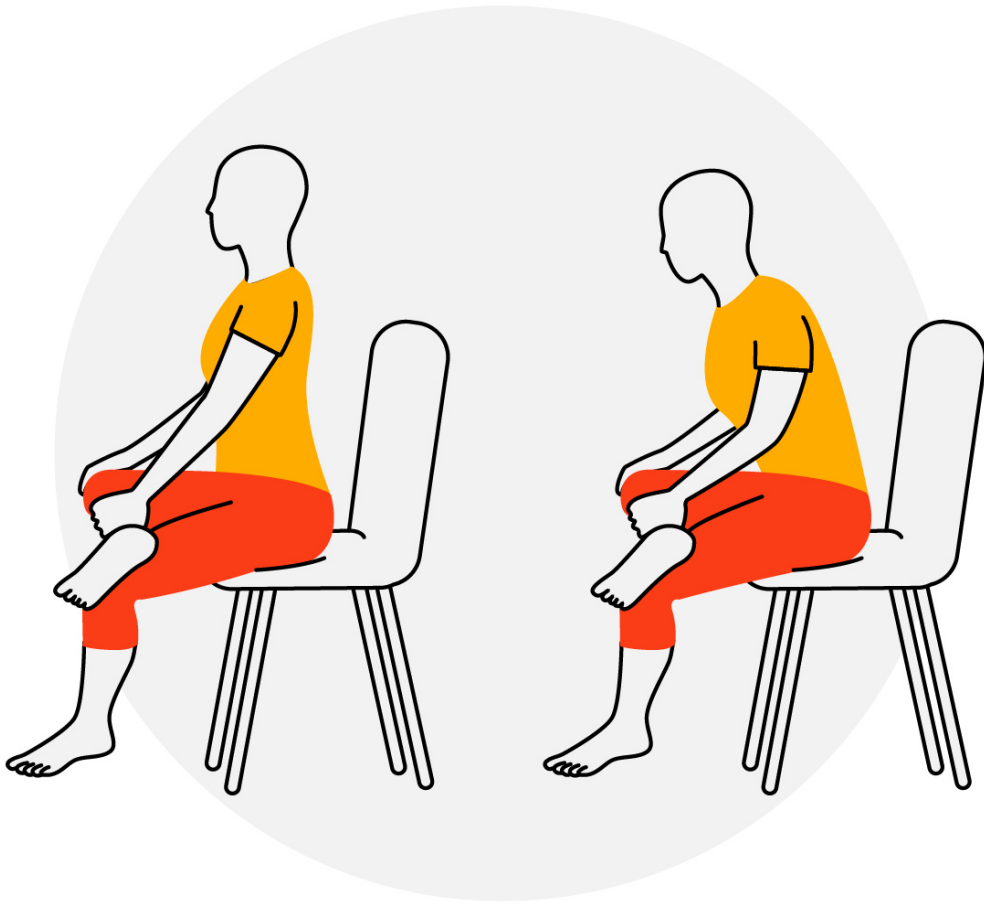
Stretch piriformis supine cross leg

The [supine piriformis stretch](#) with foot on the ground involves lying on your back with both knees bent and feet flat on the ground. From there, cross one leg over the other and gently pull the crossed leg towards your chest until you feel a stretch in your buttock region. Hold this position for around 20–30 seconds and then switch sides and repeat.



Seated piriformis stretch

The [seated piriformis stretch](#) can be performed while sitting in a chair with your feet flat on the ground. Cross one ankle over the opposite knee and gently press down on the crossed knee until you feel a stretch in your buttock region. Hold for around 20–30 seconds, switch sides and repeat.



Standing piriformis stretch

Lastly, the [standing piriformis stretch](#) involves standing upright with feet hip distance apart, crossing one leg behind the other and bending forward at the hips until you feel a stretch in your buttocks.

Standing Piriformis Stretch

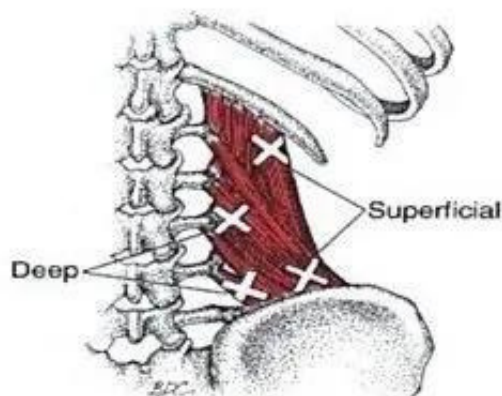
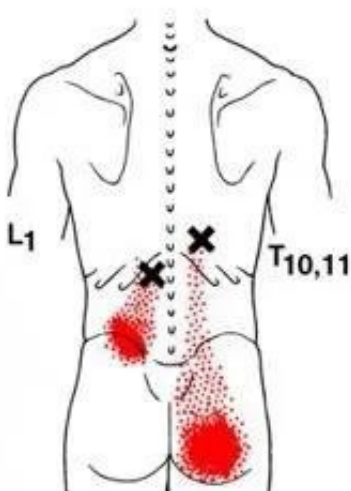


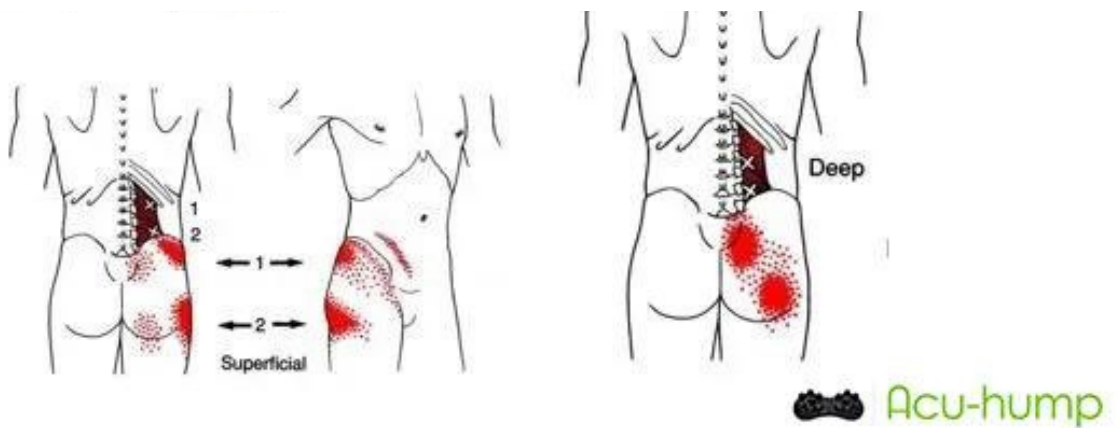
Acu-hump

Hold for 20–30 seconds, switch sides and repeat. These stretches can be done daily or as needed to help alleviate the pain and discomfort associated with piriformis syndrome.

Why do you need to work harder for stretching?

Piriformis syndrome can have various causes, but **weak buttock muscles** is a major contributing factor. If the lower back muscles or core muscles are weak, the buttock muscles may end up compensating by exerting more force than they are capable of.





That's why when it comes to stretching and exercising, it's important to not only target the piriformis muscle but also other muscles that are closely related to the buttock area. It's crucial to incorporate exercises that strengthen the lower back and core muscles into your training plan in order to build up strength in the entire pelvic region.

With a comprehensive exercise plan that targets all relevant muscle groups, you'll be on your way to a stronger and more functional pelvic area, reducing the likelihood of developing piriformis syndrome.

Acu-hump Stretching Routine

1# Step: Lower Back

Acu-hump is a useful stretching tool for releasing muscle tension, particularly in the QL muscles located in the lower back region. To [use Acu-hump](#), place it under the lower back area with the taller side near the head and aligned with the QL muscles.



Lie on top of the Acu-hump with your legs straight and allow it to work its way into tight, knotted muscle tissue.



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As the Acu-hump applies pressure to these areas, you may experience some degree of discomfort, which can be an indication that the tool is effectively releasing tension in these areas. The more tightly bound the muscle, the more intense the sensation may be.



DEEP MASSAGING

14 pressure point bumps 

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2# Step: Lumber Spinal

The Acu-hump massage stretcher is a versatile tool that can help alleviate various types of lower back pain, including bulging disc, herniated disc, sciatica pain, and Cauda Equina Syndrome. To use the Acu-hump effectively, follow these simple steps:



Step 1: Lie flat on a hard surface such as the floor, as this provides enough pressure to help engage the muscles.

Step 2: Next, place the Acu-hump massage stretcher under your spine, ensuring that the high side is close to your head and in alignment with the affected area.

Step 3: Hug your legs to your chest and hold for around 30 seconds. This motion helps to gently stretch the muscles in your lower back and alleviate pain and discomfort.



Step 4: Release your hands and straighten your legs, holding for another 30 seconds. This position helps to continue to stretch the muscles in your lower back and promote increased

circulation.

Step 5: Repeat steps 3 and 4 as desired to achieve optimal results.

3# Step: SI Joint

The Acu-hump massage stretcher is a helpful tool for relieving pain caused by Sacroiliac Joint Dysfunction and Pubic Symphysis issues. To use the Acu-hump effectively, follow these simple steps:

Step 1: Lie flat on a hard surface such as the floor. This will help to provide enough pressure to help target the affected area.



A promotional banner featuring a faded background image of a person lying on their back. Overlaid on the image is the text 'ACU-HUMP®' in blue, followed by '30-DAY RETURN POLICY. NO RISK FOR YOU.' in red. At the bottom, there is an orange button with a white shopping cart icon and the text 'BUY NOW' in white, with a white mouse cursor icon pointing at it.

Step 2: Place the Acu-hump massage stretcher under your SI joints, ensuring that the high side is close to your head and in alignment with the affected area.

Step 3: Bend your legs, placing a slight distance between your knees that's slightly...wider than your shoulders.

Step 4: Holding the left leg steady, slowly swing your right leg towards the ground. Hold the position for around 15 seconds before retracting your right leg.

Step 5: Repeat step 4, but with your left leg this time. Each time you swing your leg towards the ground, remember to hold for around 15 seconds.

4# Step: Psoas & Hip Flexor

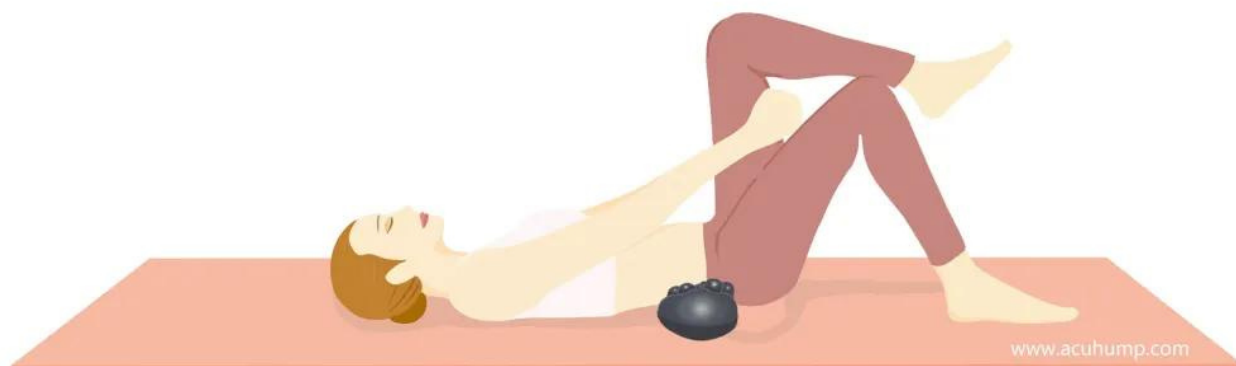
Start by lying on your back with your knees bent and your feet a few inches away from your buttocks. Lift your hips into a low bridge and place the Acu-hump horizontally on its medium setting under your sacrum.



With your left foot firmly planted on the ground, bring your right knee towards your chest. For three deep breaths, gently push your right knee away from your body while placing one or both hands on top of your right thigh.

Slowly lengthen your right leg straight out in front of you, pressing down lightly on the thigh with your right hand. As your leg relaxes, allow the right thigh to lower towards the ground.





Bend your right knee and place your foot back on the mat, then switch to the opposite side.

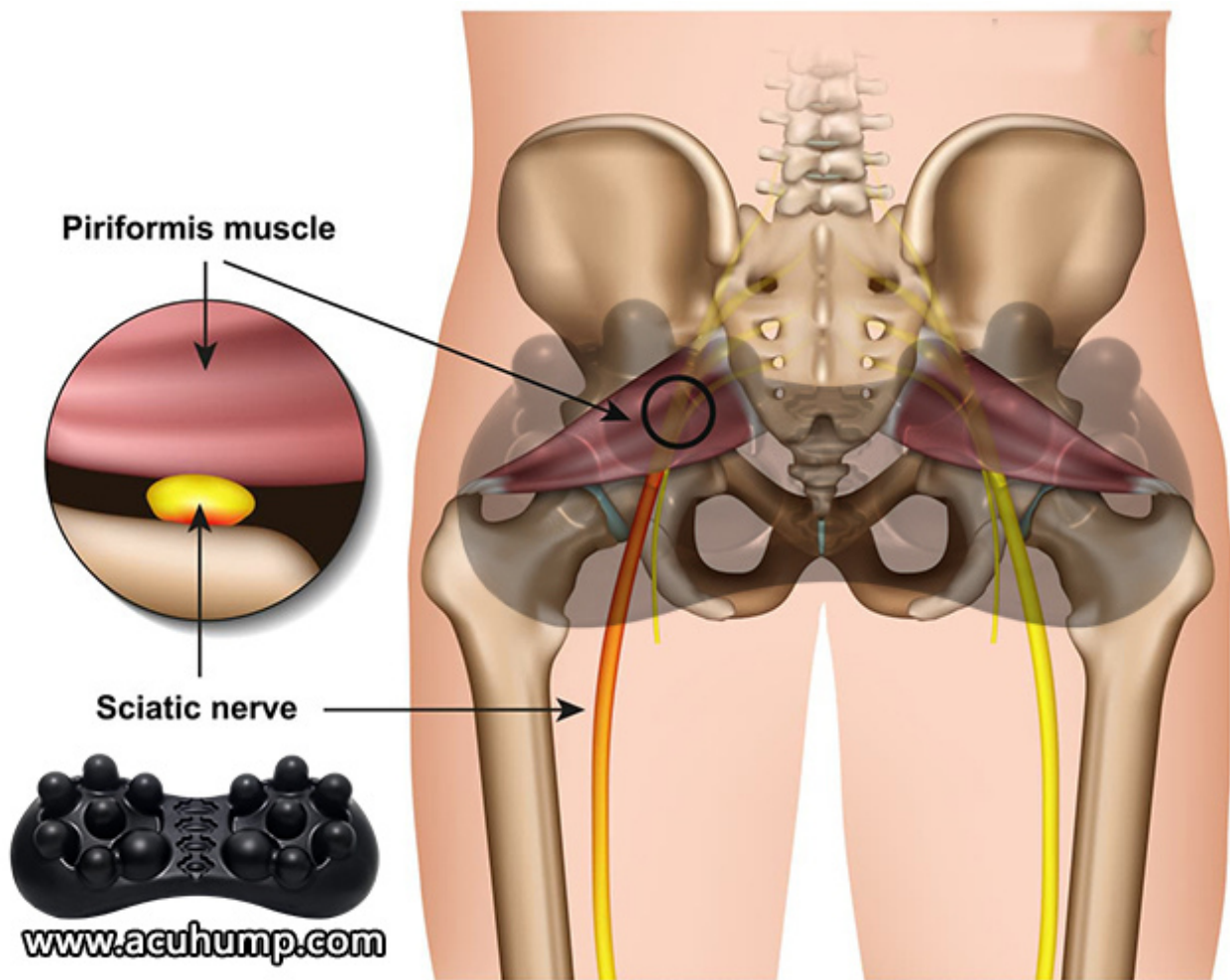
After finishing the second side, lengthen both legs together, keeping them slightly separated but still parallel. Place your hands gently at the top of your thighs and press down, being careful not to hyperextend your lower back. Breathe deeply and hold the position for several breaths, or even up to a few minutes if you feel comfortable doing so.

5# Step: Figure 4 Piriformis Stretch

The Acu-hump is an excellent tool for performing the [figure 4 stretch](#), which targets the muscles in your hips and lower back. When using the Acu-hump for this stretch, it's best to begin by lying flat on your back with your knees bent and both feet on the ground.



Next, place the Acu-hump under your sacrum with the high side of the massage stretcher facing your head. With your left foot on the floor, cross your right ankle over your left knee in a figure 4 shape.



Using your hands, gently pull your left thigh towards your chest while keeping your right knee bent. This will help to stretch the muscles in your hip and lower back.

Hold this position for around 30 seconds before releasing and switching sides. With the Acu-hump's assistance, you'll be able to maintain the figure 4 position with greater ease, ultimately facilitating a deeper and more effective stretch.

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Incorporating the figure 4 stretch with the Acu-hump into your daily routine can help alleviate pain and tightness in your hips, while promoting greater flexibility and mobility. Additionally, by using the Acu-hump during your stretch, you can help promote better alignment and reduce the risk of injury.

6# Step: Hamstrings

The sciatic nerve runs through the piriformis muscle and extend to the legs. To alleviate the pressure and tension in the piriformis muscle, it's important to incorporate regular leg root stretching exercises into your daily routine. By stretching the leg roots, you can relax the muscles from the buttocks to the legs, reducing the pressure on the sciatic nerve and promoting greater mobility and comfort.



Including these stretching exercises into your daily routine can help prevent or alleviate symptoms of piriformis syndrome or sciatica. This can ultimately help improve your overall flexibility and reduce discomfort in your lower back and legs. Remember to breathe deeply and listen to your body, stopping if you feel any pain or discomfort during the stretch. With regular practice, you can reduce your risk of developing or continuing to experience symptoms of sciatic nerve pain.



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In summary, performing regular stretches for piriformis syndrome is essential to alleviate the symptoms of this condition, which can cause pain and discomfort in the buttocks, hips, and legs. Incorporating the Acu-hump into your stretching routine can be especially beneficial, as it amplifies the effectiveness of stretches for the piriformis muscle, leading to greater relaxation and muscle tension release.



Acu-hump Piriformis Massager Deep Tis...



Acu-hump Massager

Watch on  YouTube

When using the Acu-hump for targeted stretches to the piriformis muscle, it is essential to use proper form and listen to your body to avoid injury. With regular use of the Acu-hump, you can reduce your risk of developing or continuing symptoms of piriformis syndrome and improve your overall flexibility and mobility.

Remember that early diagnosis and consistent care can help prevent more severe symptoms from developing.



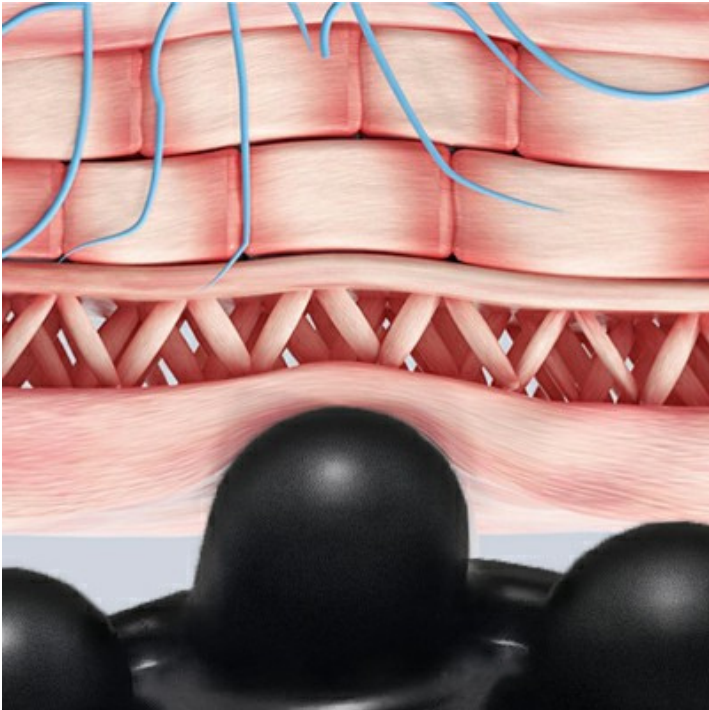
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What is Acu-hump

Acu-hump is an acupressure massage tool, designed to provide pain relief and muscle relaxation for individuals with piriformis syndrome.





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Its unique features include ergonomic design, acupressure points, and adjustable intensity levels, making it an effective tool for targeting the piriformis muscle and alleviating pain.



IN-HOUSE MASSEUR

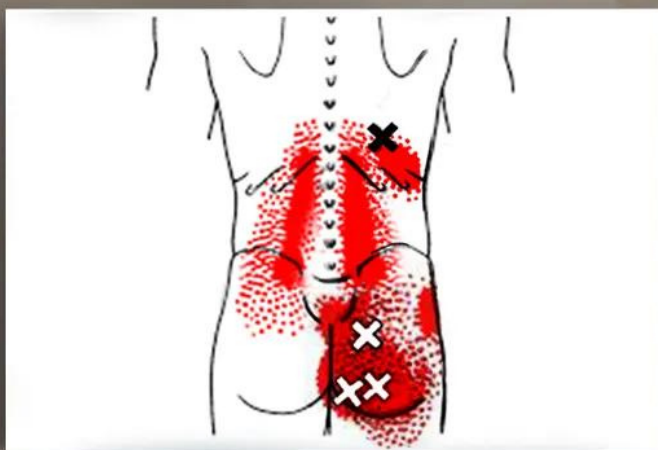
Massage Acupressure Points for Relief

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Benefits of Acu-hump for Piriformis Syndrome

[Acu-hump](http://www.acuhump.com) specifically targets the piriformis muscle, applying pressure to release tension and reduce inflammation. Using Acu-hump can help improve flexibility, increase blood circulation, and provide overall comfort to individuals with piriformis syndrome.

DEEP MASSAGE BUTT & LOWER BACK



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Follow the Acu-hump® to learn more about piriformis stretches, and other low back to hip issues.



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