

## Treatment Goals Treatment Plan

- **Eye movement** can be incorporated by having the client look up with inhalation and contraction, and look down with exhalation and relaxation. Intermittent applications of cold can be added to the relaxation phase.

☞ An **agonist contraction** stretch has the client contract the internal rotators against resistance, allowing no movement. After the muscles are relaxed, the hip is pulled into internal rotation.

☞ A **supine stretch** used with an otherwise healthy client requires the hip and knees to be flexed. The client's anterior thigh of the affected side rests on the abdomen. This knee is then slowly extended and adducted. A more gentle supine stretch has the hip and knee extended on the unaffected side. On the affected side, the hip and knee are flexed and the foot is placed on the lateral side of the opposite extended knee. The therapist stands on the side to be stretched. While stabilizing the hip on the same side with one hand, the thigh is abducted — pushed away from the therapist — with the other hand.

**Reduce edema, if present.**

☞ Lymphatic drainage techniques are applied to the leg, including sacral and popliteal pumping, unidirectional effleurage and stationary circles.

**Improve tissue health and circulation.**

☞ The entire lower limb and buttock are massaged using effleurage and petrissage techniques. Passive movement is performed at the knee and ankle.

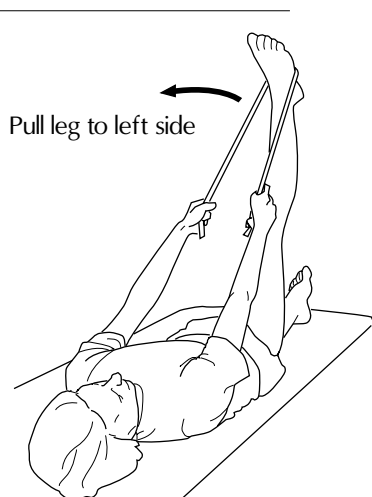
## Self-care Goals Self-care Plan

☞ Remedial exercise is an essential component to treating piriformis syndrome.

**Stretch tight, short muscles.**

☞ The client can perform a self-stretch for the piriformis muscle using a belt or rope (*Figure 70.3*). The client lies supine on the floor with the rope looped around the foot of the affected side. The ends of the rope are held in the opposite hand. On the side to be stretched, the knee is extended and the hip is flexed to approximately 90 degrees. The hips are kept stable on the floor while the leg is drawn away from the side to be stretched towards the opposite hip. The stretch is held for 30 seconds. The leg is then drawn farther towards the opposite hip, placing an additional stretch on the piriformis muscle.

*Figure 70.3*  
Stretching the piriformis using a rope or belt.



☞ For a standing self-stretch, the client places the foot of the affected side on a chair, with the hip flexed to 90 degrees and the thigh parallel to the floor. The client