
Learning Objectives

MedBridge Massage
Conquering Piriformis Syndrome
Bob McAtee, LMT, CSCS, C-PT

Course Objectives

Upon completion of this course, the participant will be able to:

- Discuss the causes and prevention of piriformis syndrome, identify the relevant bony structures, and identify relevant soft-tissue structures
- Discuss and demonstrate visual assessment of hip ROM, demonstrate the PACE Abduction test and demonstrate additional assessment and palpation techniques
- Discuss and demonstrate treatment techniques for treating piriformis syndrome, including transverse friction techniques, pin-and-stretch techniques, and isolytic contractions
- Describe self care strategies for piriformis syndrome

Chapter 1: Defining Piriformis Syndrome

In the first chapter of this course, Bob McAtee defines piriformis syndrome and discusses soft-tissue elements, sciatic nerve pathways, and bony structures (including variations from standard anatomy texts) that relate to the condition.

Chapter 2: Assessment for Piriformis Syndrome

In this chapter, Bob McAtee describes and demonstrates key assessment strategies for piriformis syndrome, including visual assessment components, the PACE Abduction test, and additional assessments in side-lying and prone positions.

Chapter 3: Treatment Techniques

In the final chapter of this course, Bob McAtee describes and demonstrates treatment techniques that address piriformis syndrome, including transverse friction techniques, pin-and-stretch techniques, and isolytic contractions. The course then concludes with information regarding self-care techniques for piriformis syndrome.