

## عنوان مقاله:

Effectiveness of Hip Muscle Strengthening and Backward walking in Piriformis Syndrome: A Pilot Study

## محل انتشار:

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## خلاصه مقاله:

**Aim:** Piriformis syndrome is a group of symptoms and signs of pain from the piriformis muscle and is considered by pain in the buttock with variable involvement of the sciatic nerve. The aids of neural mobilization and piriformis stretching are commonly described and are known, but the effects and role of hip abductor and extensor strengthening along with backward walking is not well ss the edescribed. This study aimed to assess the effectiveness of hip muscle strengthening and backward walking in piriformis syndrome as a pilot study. **Method and Materials:** In total, ۷۶ subjects with piriformis syndrome were randomly assigned into two groups (Group A and Group B). Subjects in group A (n=۳۸) received hip abductor and extensor strengthening and backward walking along with neural mobilization and piriformis stretching whereas, group B (n=۳۸) received only neural mobilization and piriformis stretching for four weeks. Pain intensity was measured by Numerical Pain Rating Scale (NPRS) and lumbar range of motion was measured using Universal Goniometer. **Results:** This study showed a statistically significant improvement in both the groups for pain intensity. However, the pain severity was considerably reduced more in group A. Furthermore lumbar ROM improvement was seen significantly more in Group A. **Conclusion:** The study demonstrated that hip abductor and extensor strengthening along with backward walking have an added efficacy in improving .lumbar flexibility and decreasing pain when combined with neural mobilization and piriformis stretching exercises

## کلمات کلیدی:

Piriformis syndrome, Backward Walking, Piriformis, Muscle, Pain

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