

WHAT IS A
PIRIFORMIS
INJECTION?

The pain usually begins when the piriformis muscle becomes taut, tender, and contracted. This process causes a deep aching sensation in the midgluteal region that is sometimes associated with pain radiating down the posterior leg or up to the lower back as palpable, tender bands of muscular tissue. Pain from trigger points may be mild or severe. Although most resolve without treatment or with conservative measures such as heat, massage, or myofascial release therapy, some trigger points are persistently painful and disabling.

HOW DO
PIRIFORMIS
INJECTIONS
WORK?

A local anesthetic and corticosteroid may be injected directly into the piriformis muscle to help decrease the spasm and pain. You will be asked to lay on your stomach. Your back and buttock area will be cleaned with an antiseptic, and a sterile drape will be placed. Your physician will inject a numbing medication (local anesthetic) to numb the skin overlying the buttock area. Then, a needle will be guided into your piriformis muscle. Contrast dye will be injected to outline the muscle. Then, steroids will be injected into the muscle to decrease inflammation of this muscle.

WHAT ARE
THE RISKS?

Potential risks — although very low — include infection, bleeding, allergic reaction, and prolonged increases in pain. Your physician will use clean technique and x-ray guidance throughout the procedure reduce the risks and nerve damage.

