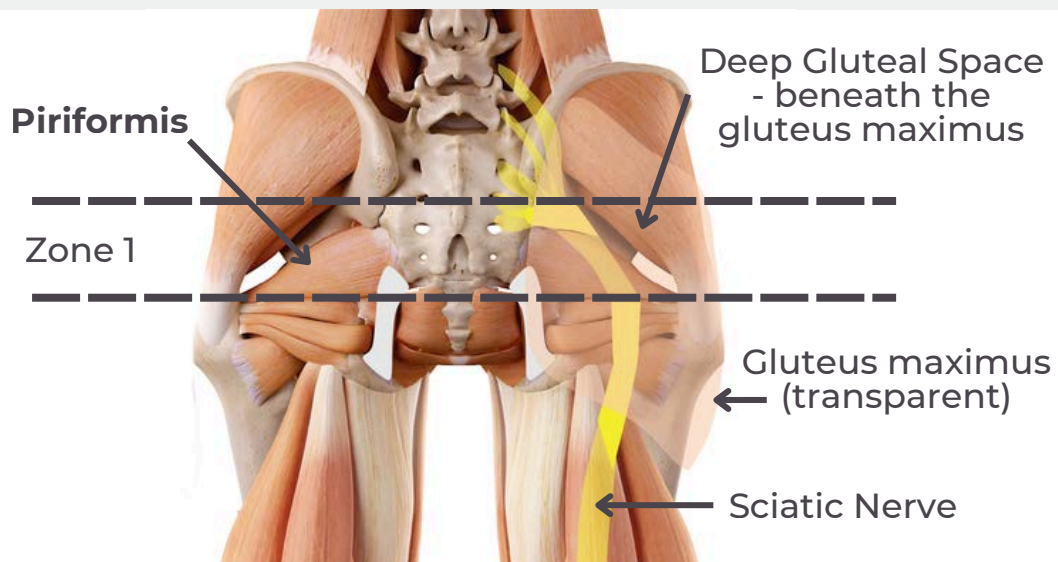


HIP FACTS FROM THE LITERATURE #105

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DEEP GLUTEAL SYNDROME ENTRAPMENT ZONE 1 SCIATIC NOTCH - PIRIFORMIS



The sciatic nerve can be irritated at its interface with the piriformis, as it emerges through the greater sciatic foramen

Zone 1: This is in the region of the greater sciatic foramen, where the sciatic nerve travels from inside to outside the pelvis, into the deep gluteal space (the potential space beneath the gluteus maximus). The sciatic nerve can be irritated here at its interface with the piriformis, as it emerges through the greater sciatic foramen, either under, through or over the muscle.

Particular anatomic variations, especially those where the nerve or part of the nerve runs through the piriformis muscle, may predispose to sciatic nerve impingement in this zone - but remember, the patient has always had this anatomy, so if the pain has only started recently, there are likely other contributors. Certain types of activity and hypertrophy of piriformis can be the catalysts for pain, and there are things we can do to change these.

Hernando MF, Cerezal L, Pérez-Carro L, Abascal F, Canga A. Deep gluteal syndrome: anatomy, imaging, and management of sciatic nerve entrapments in the subgluteal space. *Skeletal Radiol.* 2015;44(7):919-934. doi:10.1007/s00256-015-2124-6