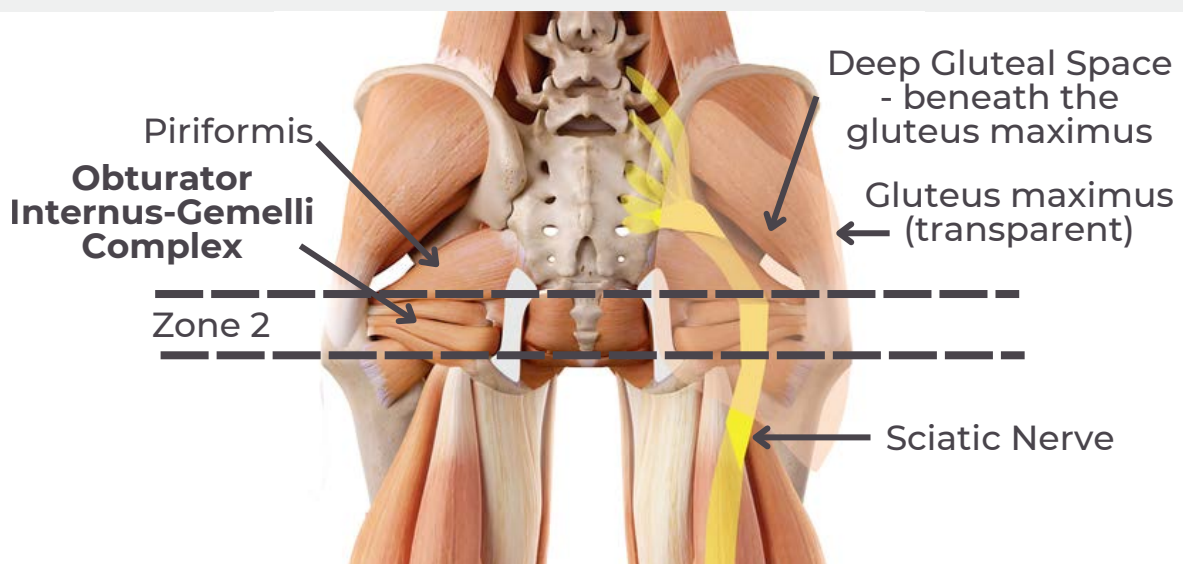


HIP FACTS FROM THE LITERATURE #106

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DEEP GLUTEAL SYNDROME ENTRAPMENT ZONE 2 GEMELLI-OI INTERFACE



The sciatic nerve can be irritated at its interface with the gemelli-obturator internus, as it transits across the posterior hip

Zone 2: The sciatic nerve can be irritated at its interface with the gemelli-obturator internus (GOI) complex, as it transits across the posterior hip. Friction can also occur at the interface between the lower border of piriformis and the superior border of the GOI complex.

This is most likely to occur in situations where these muscles are working hard and the interface is challenged, for example, consider a cyclist coming out of the saddle and working hard to push up a hill. The hips might be shifting substantially side to side, while the deep external rotators, including the GOI and piriformis are working hard to provide stability and contribute to force development.

The hip is flexed, body forward and the sciatic nerve is wrapped firmly around the GOI complex, especially in phases when the knee is more extended. This combination of high compression, possible friction (related to the side to side pelvic movement) and sciatic nerve tension, may for some individuals be a cause of extra-spinal buttock +/- leg pain - Deep Gluteal Syndrome.

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