

BUTTOCK PAIN

NIC COSTIFF PHYSIO & REHAB



Hamstring Origin Tendinopathy

Pain on or near your sitting bone after an acute injury or as a result of overuse. It is characterized by lower gluteal pain and aggravated by running and other sporting activities. Pain can be reproduced by stretching the hamstrings or contraction of the hamstrings and on is tender on palpation of the region.



Sacro Iliac Joint Pain

The sacro-iliac joint forms the bridge between your right and left pelvis (ilium) with the bottom of the spine (the sacrum). Pain in this region can be associated with trauma or gradual onset as well as child birth.

The patient complains of pain in the lower back and is usually one side (although it can be on both sides). There may also be referred pain into the buttock, hamstrings and groin region. The patient has difficulty standing on one leg, up and down stairs and rolling in bed.

SIJ pain may be as a result of muscle imbalances at the pelvic region, leg length imbalance and other biomechanical abnormalities.

Piriformis Impingement

The piriformis is a deep muscle in the gluteal region and is responsible for performing external rotation at the hip joint. The sciatic nerve passes very close to this muscle and in some people, it passes through the piriformis. Pressure on the sciatic nerve from the piriformis results in local or referred pain and may even lead to altered sensations or power into the back of the thigh and calf.

Greater Trochanter Pain

This is characterized by pain at the side of the hip. There are several pain sensitive structures in this region including bursae (fluid filled sacs) and tendons. A common cause of pain in this region is the gluteus medius tendon. This is commonly associated with commencing unaccustomed exercise, overuse or other sporting activities. It becomes very tender to palpate and also stand on one leg for any period of time.