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FREE PIRIFORMIS SYNDROME REHAB PLAN

INTRODUCTION

As someone who suffered from piriformis syndrome and chronic hip and lower back pain for years, I know how frustrating this condition is.

Throughout the past few years, I've been able to settle this pain permanently. And that's because I was mainly able to balance my pelvic-lumbar muscles and not just focus on piriformis stretching and massage.

Lumbo-pelvic-hip-complex dysfunction is the root cause of many chronic pain conditions including piriformis syndrome.

A lack of hip stability due to underlying muscular imbalances (weak muscles unable to do their work properly) leads to compensation, chronic pain, and acute injuries.

The following exercises will activate and strengthen the gluteal muscles (gluteus maximus, gluteus medius, and the gluteus minimus) responsible for stabilizing and supporting the lumbo-pelvic-hip complex.

FOR A MORE SPECIALIZED PROGRAM TO ASSESS THE CAUSE OF PIRIFORMIS PAIN AND FIX IT WITH CORRECTIVE EXERCISE, SO YOU DON'T HAVE TO DEAL WITH THIS PAIN ANYMORE, CHECK OUT [PIRIFORMIS CONTROL](#) - THIS PROGRAM COMBINES EVERYTHING I'VE DONE TO FREE MYSELF OF THIS PAIN.

DO NOT PERFORM ALL THESE EXERCISES AT ONCE. OVERLOADING YOUR MUSCLES IS INEFFECTIVE AND CAN TRIGGER MUSCLE SPASMS IF THE TISSUE IS VERY SENSITIVE TO TRIGGERS. USE THE SUGGESTED EXERCISE PLAN TO GET STARTED.

INSTRUCTIONS

- **Perform 1-3 routines per week.** You need to strengthen your muscles, but you also need to take a break to let your muscles recover and grow.
- **Feel free to adjust the amount of reps and sets for each exercise.** You don't need to strictly follow the plan. Everyone is different and you need to listen to your body. A helpful tip is to perform one set of one exercise, take a break, and see how you're feeling. Then do another set, etc. If you start to feel the tension in your lower back or hamstrings, stop and take a break. **That's a sign that you're now compensating with your lower back and hamstrings.**

ROUTINES BREAKDOWN

Routine 1

Exercises	Reps	Sets
Hip drops	7 each side	2
Pillow squeezes	Hold for 3-second and slowly release.	2

Routine 2

Exercises	Reps	Sets
Band Pull-Aparts	10 reps	3
Wall slides	5 - 7 each side	2

Routine 3

Exercises	Reps	Sets
Band pullouts	5 - 10 reps. Hold for 1 second and slowly release. Don't lose the contraction.	2
Bridges	5 - 7 (Hold at the top for 2 seconds)	3

Routine 4

Exercises	Reps	Sets
Ball bridges	10 reps	2
3-way lunges	3 - each side	2 sets on both sides

EXERCISES BREAKDOWN

Hip Dops

Hip Dops



Bodyweight version



- Stand with your right side against the wall. Lift your right leg up. You can use your arm to balance your body but don't press against the wall. Let your right hip drop, then drive your left leg up until the right hip touches the wall. Hold for 1-4 seconds then drop again. Repeat for 4-7 more reps.
- Stand with your right side against the wall again. This time, slightly rotate your left foot internally. Again let your right hip drop, then drive your left leg up until the right foot is touching the wall. Hold for 1-4 seconds then drop your right hip again. Repeat for 4-7 more reps

Band Pull-Aparts



- Place a resistance band around your knees, just above or at the knees.
- Sit with your feet hip-width apart and maintain a slight bend in your knees.
- Engage your core and maintain a neutral spine throughout the exercise.
- Slowly and with control, push your knees outward against the resistance of the band, feeling the activation in your gluteus medius.
- Hold the tension for a second, ensuring that your hips and pelvis stay stable.
- Release the tension and bring your knees back to the starting position.
- Repeat the movement for the desired number of repetitions, focusing on maintaining proper form and control.

Ball Pillow Squeezes



- Sit upright on a chair or bench with your feet flat on the ground and knees bent at a 90-degree angle.
- Place a soft ball or cushion between your thighs, just above the knees.
- Engage your core and maintain good posture throughout the exercise.
- Squeeze the ball between your thighs, using your inner thigh muscles, while keeping the rest of your body relaxed.
- Hold the squeeze for a few seconds, feeling the activation in your inner thighs.
- Release the squeeze and rest briefly before repeating the movement.
- Aim for a controlled and deliberate squeeze with each repetition.

Wall Slides



This exercise requires a resistance band.

- Use the wall to perform side leg raises. Make sure your feet, glutes, back are touching the wall and use the wall to take some of the load off your hip joint.
- Use the glute med with the wall assistance to help with stability and support.
- The wall is also great for helping you maintain good posture. As long as you keep your body touching the wall at all times you'll avoid your hips rolling forward or legs moving forward.

Bridge



- Keep your feet forward, engage your core and glutes before you even begin the exercise.
- As you raise your hips, pull in your lower abs to keep your back stable. And avoid overarching your lower back as you raise your hips.
- Squeeze your glutes throughout the exercise. Only release the contraction when you're done.

INTEGRATION EXERCISES

Ball Bridge



This is an easier bridge variation that takes the pressure off the lower back. You'll also work your inner core stability along with glutes activation.

Keep your core engaged and use your glutes throughout the whole exercise.

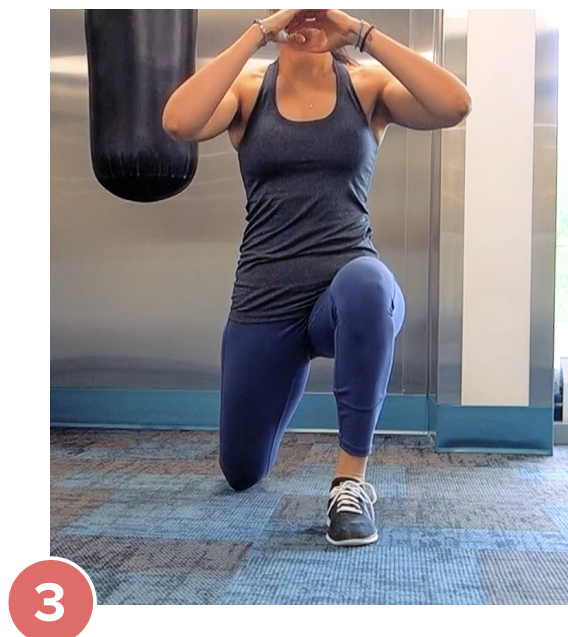
3-Way Lunges



Stand nice and tall. Now step out to the side with your left foot. Your knee joint is facing out, right on top of your foot. Feel the side of your hip muscles engaging. With control, step back to the starting position.



Now, repeat the same movement but to the side towards the back. Don't rotate your hips. Your whole body is moving as one unit while your right leg is still anchored for stability. With control, step back to the starting position.



Now perform a backward lunge. Keep your core and glutes engaged. Keep your knee right on top of your foot. Repeat with the other leg.

FREQUENTLY ASKED QUESTIONS ABOUT PIRIFORMIS SYNDROME

I frequently receive the following questions about fixing piriformis syndrome and hip pain. As a coach and someone who lived with this condition, it is my hope you can find inspiration, guidance, and support through [my blog](#). I also want to answer a few questions that you may be thinking right now.

Q1: Will this pain ever go away?

With the pain constantly in your mind and just always 'there', you may forget what waking up, running, walking, and moving around pain-free feels like. It can certainly make you feel hopeless sometimes. It's like you're living with this invisible thing that's disrupting everything in your life.

The first step is to understand that nothing is permanent. Your body can heal, recover, and build itself with time and perseverance.

I lived with this pain from 2009 until early 2016. It was debilitating and I almost accepted that I was going on disability soon.

Fixing piriformis syndrome is going to rely on your willingness to fix the root cause of the problem. I made so many mistakes back then when I just kept getting the same therapies every week to massage my symptoms for quick relief.

I never paused to find the root cause of the problem. If you're only focused on that tiny area that hurts, you're missing on a lot of things that can be causing this recurring pain.

I have members inside the [Piriformis Control](#) program who fixed piriformis pain by working on their feet and knee imbalances. Sometimes, it's an issue with posture that you don't realize you have.



Q2: Every time I try to strengthen my glutes, it triggers pain.

I have recorded a video to help you with this issue here.

This is a very common issue due to the piriformis being very sensitive to triggers and constantly compensating for weak glutes.

I do share some advanced tips inside my program Piriformis Control on how to stop this from happening + many glutes strengthening variations.

If this is a recurring program and you really want to build strong glutes, I recently put together a program specific for people with hip issues to safely strengthen the glutes. Here's the link to the program (bundle link at the end of this page!)

Q4: How to sleep better when your hips are constantly hurting?

Sleep is very important. If you're experiencing intense spasms at night and you're unable to relax your muscles, I highly recommend the following tips:

- Take magnesium supplements. Magnesium is a natural muscle relaxant and it'll help you sleep throughout the night and waking up feeling rested. I've been taking magnesium for years now and it has made a huge difference in my recovery and sleep quality.
- Install a blue light blocking app on your phone and set it to automatically go on 3 hours before bedtime. This will allow your nervous system to slow down and activate the parasympathetic nervous system which is the branch of the nervous system responsible for regeneration and recovery. Blue light disrupts this natural process and diminishes your sleep quality.
- Schedule a warm shower before bed. Heat is also beneficial for muscle relaxation.
- Meditate for a few minutes before bed to tune into your body and release any tension or stress.

FINAL NOTE

Please know that you can beat this pain. Pain is your body's language to tell you that something isn't right that needs your attention.

Be gentle with yourself.

Be patient.

Don't be hard on yourself or feel like you're not doing enough, because I'm sure you are.

We all have gone through the same struggles. I speak to people everyday through my programs and email community who are all going through so much pain physically and emotionally.

And I also know people who were able to beat this pain and are back to living a pain-free life. I get emails all the time from members of clients who are back to feeling much better.

This strengthens my belief in your ability to heal even more.

Stay Strong,



Recommended programs

PIRIFORMIS CONTROL

STRONG GLUTES

Get Both programs and save by adding **Strong Glutes** as an add-on:

SIGN UP



Sofia Habity

B. Sci. | Certified Strength Coach, NASM - Corrective Exercise Specialist

Sofia has been helping women and men break free from chronic piriformis syndrome, and back pain without drugs, surgery, or spending years suffering through temporary fixes.

She is the founder of coachsofiafitness.com where she's been helping over 4300 members inside her premium programs and empowering over 250,000 blog viewers each month to break the cycle of chronic muscle pain.