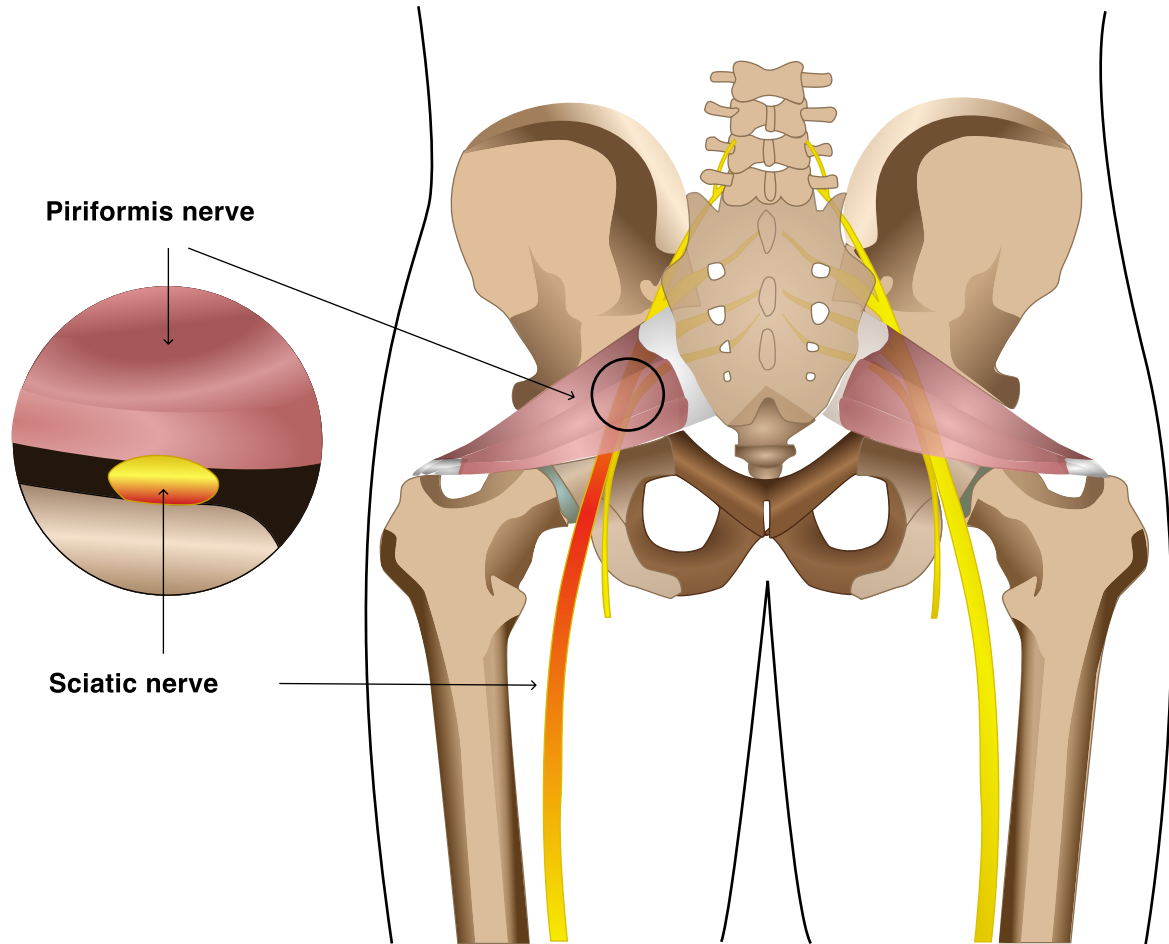


Piriformis Anatomy Diagram



Origin and insertion

The piriformis muscle originates from the anterior surface of the sacrum, the gluteal surface of the ilium (near the posterior inferior iliac spine), and sometimes from the sacrotuberous ligament.

It inserts onto the greater trochanter of the femur, often uniting with the tendons of the superior gemellus, inferior gemellus, and obturator internus muscles prior to insertion.

Innervation and blood supply

The piriformis muscle is innervated by the nerve to piriformis, which is formed from the anterior rami of S1 and S2 spinal nerves. The arterial supply comes from the inferior gluteal, superior gluteal, and internal pudendal arteries, all branches of the internal iliac artery.

Functions

The piriformis muscle acts as an external rotator of the thigh and abductor of the thigh when the hip is flexed. It also helps stabilize the hip joint by steadying the head of the femur inside the acetabulum.

Tightness in the piriformis muscle can cause pressure on the sciatic nerve, leading to pain radiating into the lower extremity, known as Piriformis Syndrome.

References

Chang, C., Jen, S. H., & Varacallo, M. (2021). *Anatomy, bony pelvis and lower limb, piriformis muscle*. PubMed; StatPearls Publishing. <https://www.ncbi.nlm.nih.gov/books/NBK519497/>

Cleveland Clinic. (n.d.). *Piriformis syndrome: Symptoms, causes and treatment*. <https://my.clevelandclinic.org/health/diseases/23495-piriformis-syndrome>