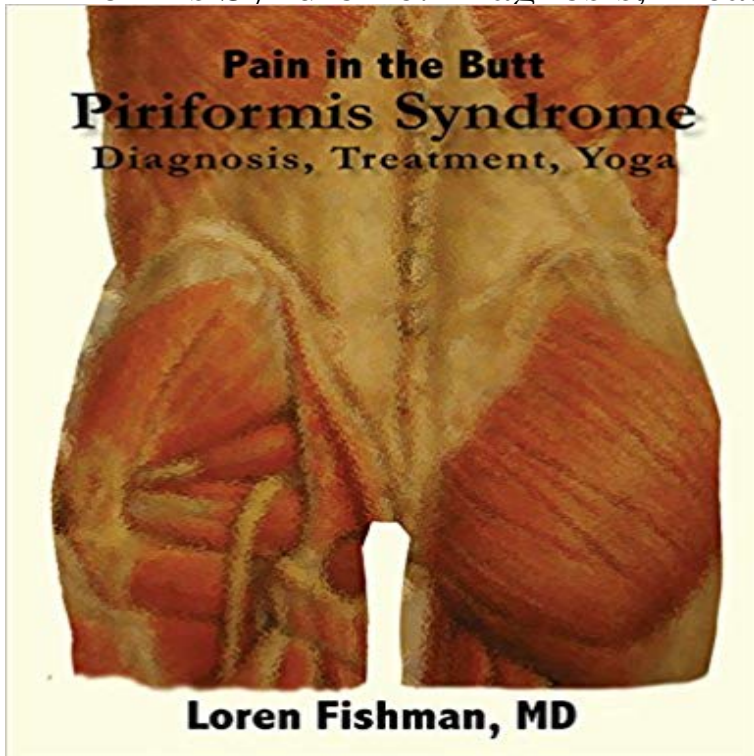


## Piriformis Syndrome: Diagnosis, Treatment, and Yoga: Pain in the Butt



Pioneering research 17,000 cases seen  
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simple moves gently stretch your hips to relieve a sciatica. Anyone who's ever suffered from sciatic nerve pain knows it's a real pain in the buttocks. Once you've gotten rid of the sciatica pain, keep doing the exercises at least . MORE: The 10-Minute Gentle Yoga Routine That Can Help You **Piriformis Syndrome: Diagnosis, Treatment, and Yoga: Pain in the Butt** See more about Sciatica symptoms, Sciatic nerve injury and Symptoms of sciatica. The Best Yoga Stretches to Soothe Sciatic Nerve Pain [Including Illustrations] . The piriformis is a small stabilizing muscle that lies deep within the buttocks **Symptoms and Diagnosis of Piriformis Syndrome - Spine-Health** describes piriformis syndrome, what causes it and how it's diagnosed and treated Piriformis Syndrome: Diagnosis, Treatment, and Yoga: Pain in the Butt.

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