

HIP & BUTTOCK · A FRIDO NUGGET FROM YOUR PHYSIOTHERAPIST

Pain in your buttock that runs down your leg?

It may not be your spine. A small muscle in your buttock can squeeze the nerve to your leg, and long hours of sitting make it worse. Here is what is going on and what you can do about it.

Name _____

Physiotherapist _____

Date _____ Next visit _____



Watch first

Scan to watch the 1:12 video that explains it.

01 What is going on

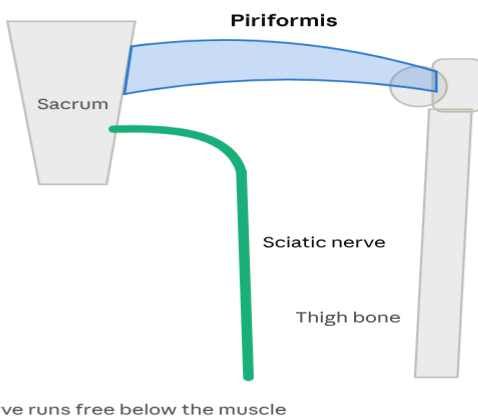
Deep in your buttock there is a small muscle called the **piriformis**. The main nerve to your leg, the sciatic nerve, runs right beside it.

When the muscle gets tight or swollen, it squeezes the nerve. You feel that as pain in the buttock that can travel down the back of your leg. Because it feels like sciatica from the spine, it is sometimes called **pseudo-sciatica**.

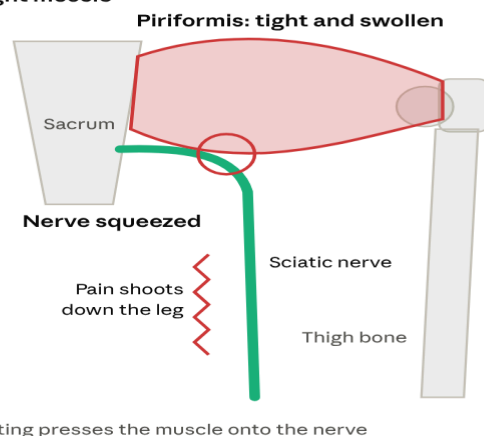
A tight piriformis squeezes the sciatic nerve

Back view of the right hip, simplified

Relaxed muscle



Tight muscle



Relaxed muscle (left): the nerve runs freely. Tight muscle (right): it presses on the nerve and the pain travels down the leg.

02 What you may feel

- 1 A deep ache or burning in **one buttock**
- 2 Pain down the **back of your leg**
- 3 Tingling or numbness in the leg
- 4 Worse after **sitting for a long time**, on stairs or when running

03 Why sitting makes it worse

When you sit on a hard seat, your weight presses down on one small spot: right over the muscle and the nerve. Hours of that keep the nerve irritated.

Two everyday things add to it: **a wallet in your back pocket**, which tilts you to one side, and **sitting with the sore leg crossed** over the other, which pulls the muscle tight over the nerve.

04 It can feel like a slipped disc

This pain is easy to mistake for a slipped disc, and the other way round. There is no single scan or test that shows it, which is why your physiotherapist checked your back and hip before deciding. Please don't change your treatment based on this page alone.

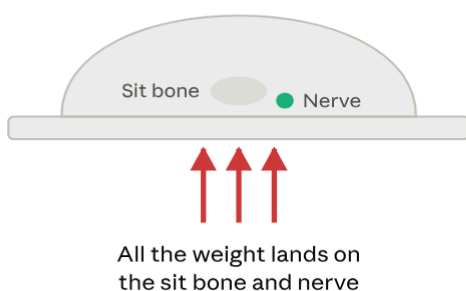
05 Take the pressure off while you sit

A memory foam seat cushion spreads your weight across the whole seat instead of one spot, so there is less pressure on the muscle and nerve while you sit. It doesn't cure the problem. It makes sitting easier while your exercises do their work.

A cushion spreads sitting pressure off the nerve

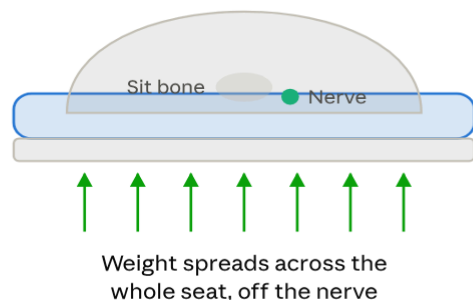
Side view while seated, simplified

Hard seat



Frido Cloud cushion

2 in memory foam



On a hard seat your weight lands on one spot (left). On a memory foam cushion it spreads out (right).



RECOMMENDED

Frido Cloud Seat Cushion

₹1,899 ~~₹2,899~~ · 2 in (~5 cm) memory foam, sloped front edge

Frido Slim Seat Cushion ₹1,299 · Frido Portable Travel Seat Cushion ₹1,299



myfrido.com

Using it

- Put it on the chair you sit on longest, and sit right back on it.
- It raises you a little, so check your feet still rest flat and your desk is at elbow height. If you drive, check you still reach the pedals comfortably.
- Still get up every 30 to 45 minutes. The cushion helps, but breaks matter more.

06 Your home plan

Do these every day, along with the exercises your physiotherapist gave you.

1 Stand up and move every 30 to 45 minutes. Set a reminder on your phone or watch.

2 Take your wallet out of your back pocket, and try not to sit with the sore leg crossed over the other.

3 Stretch the muscle. Lie on your back, put the ankle of the sore leg on the opposite knee, and gently pull that knee towards your chest until you feel a stretch in the buttock. Hold 30 seconds. Do it 3 times, 2 to 3 times a day. It should feel like a stretch, not pain.



Watch how to do it: scan with your phone camera

Most people feel better within 1 to 3 weeks of doing their exercises regularly.

✓ Your 14-day tick sheet

Tick each day you did it. Bring this to your next visit.

DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Stretch, 3 × 30 s														
Up every 30 to 45 min														
Wallet out, legs uncrossed														
Exercises from my physio														
Pain today (0 to 10)														

07 When to get help

Go to a hospital emergency department straight away if you have numbness around your groin or back passage, or you can't control your bladder or bowels.

Contact your physiotherapist or doctor if:

- your leg feels weak, or your foot starts to drag
- you get back pain together with the leg pain
- the pain hasn't eased after 3 weeks of doing your plan

Notes from your physiotherapist

This guide explains a common cause of buttock and leg pain in general terms. It is not a diagnosis. Follow the advice of your physiotherapist or doctor. Frido does not claim its cushions treat sciatica; they reduce pressure while you sit.