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## **Home massage tips for the hips**

It's surprising how much tension is sent to the hips daily. The gluteal muscle is the largest in the body so this is a good reservoir for tension to be stored.

Underneath the large gluteal muscle there is a smaller muscle called the piriformis which holds the hip bone in place. This is attached to the sacro-ileac joint and lies in a diagonal line across the buttocks. This is often the culprit for sciatica as it traps the sciatic nerve. Also when it is tight it pulls on the sacro-ileac joint and thus on the lower back causing the characteristic and common lower back pain.

Our aim is to relieve the tension in the piriformis.

### **1. Piriformis pummel**

- Lie on your side with the leg beneath you straight and the upper leg bent; like the recovery position
- Apply massage oil
- Using your knuckles rub firmly any painful/tight area; adding to the motion by moving your buttocks against the knuckles. I will have shown you the sacro-ileac joint where you can now massage.
- Check the area next to the hip bone as there is a ligament here which is often tight and which you may miss
- The pain can often be quite intense; in which case just rest between each rub as much as you need to; you will find that it eases when you let it rest
- You may find that there is also tension further on down the thigh so continue in this direction as far as is comfortable
- Rest before you turn over to repeat on the other side
- Rest at the end and allow the massage to be processed by the body

### **2. Gluteal wobble**

- To get some more movement into the gluteal muscles lie on your back
- Make a fist with you hand
- Place the fist under your gluteal muscle and move your buttock area over the fist
- In this way you are using the weight of your body and gravity to create a positive tool out of the fist
- Finish by using general massage over the whole buttock area to settle and release
- Repeat on the other side
- Rest and allow to release.