

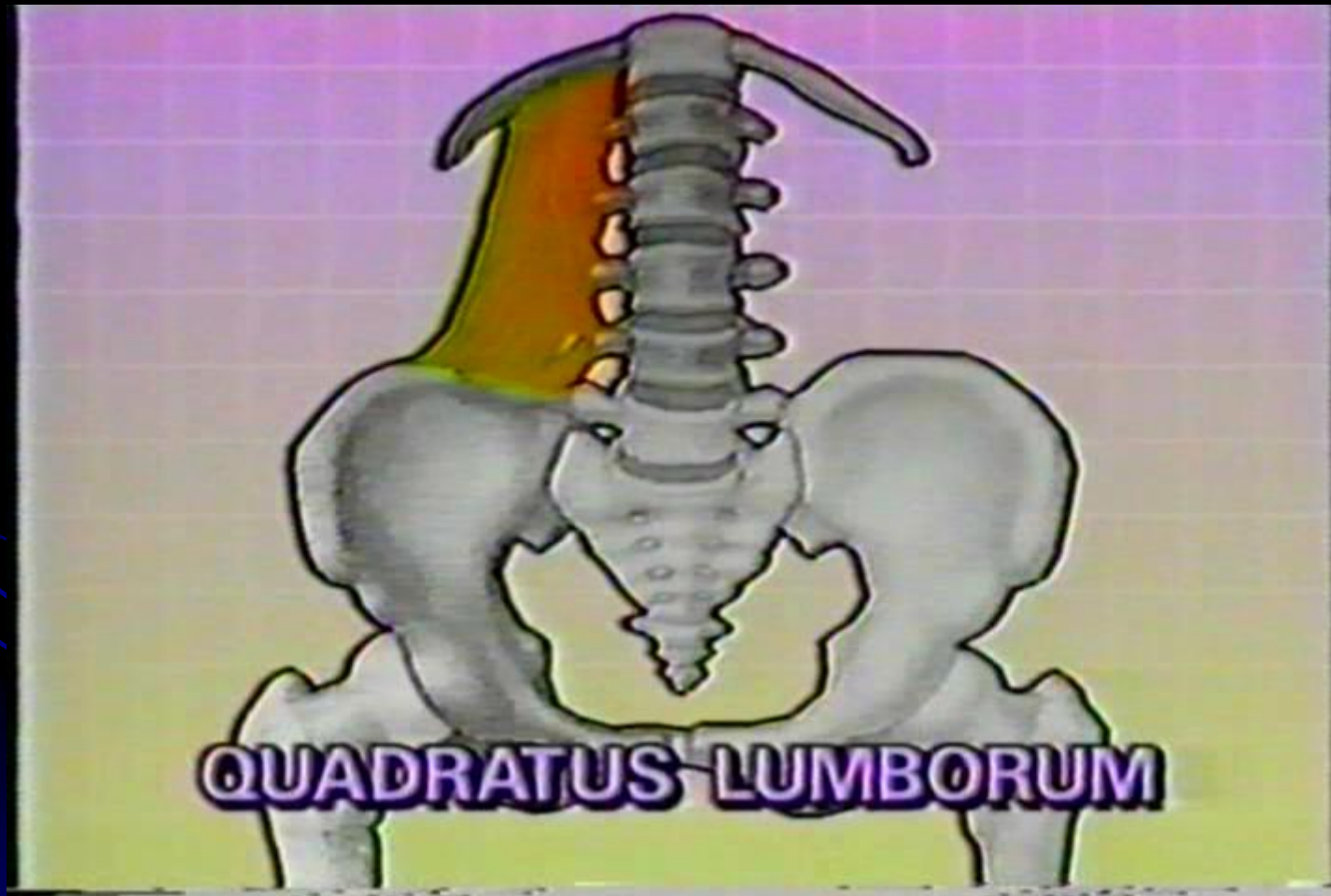
Myofascial Pain Syndrome of Low Back and Hip

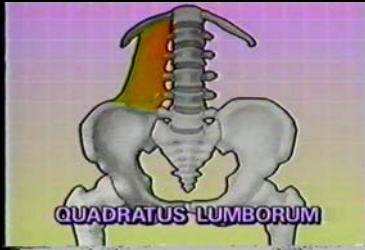
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Muscles

- Quadratus lumborum
- Iliopsoas
- Rectus abdominis
- Gluteus maximus
- Gluteus medius
- Gluteus minimus
- Piriformis

Quadratus Lumborum





Quadratus Lumborum

- The most frequent cause of low back pain

Origin	Inferior border of 12th rib
Insertion	Apices of transverse processes of L1-4, iliolumbar ligament and posterior third of iliac crest
Action	Fixes 12th rib during respiration and lateral flexes trunk

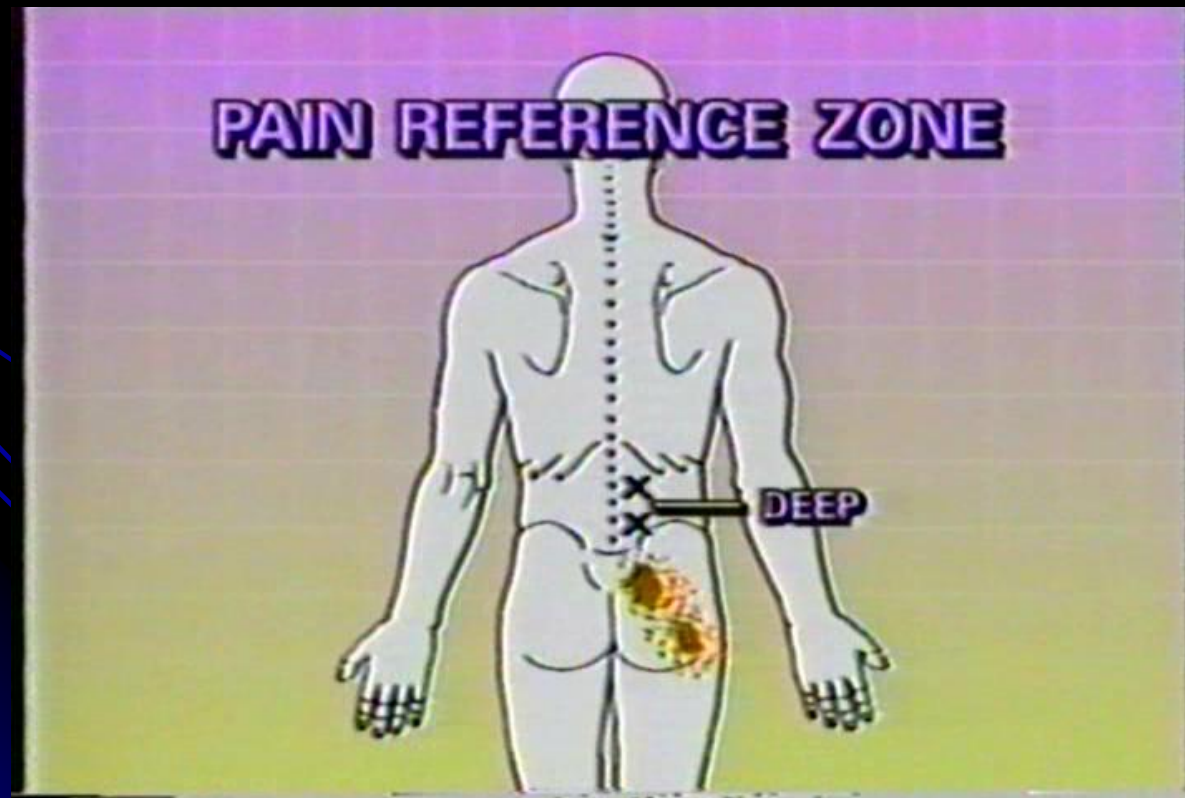
Superficial Trigger Point

Trigger point	vertical layer of muscle
Refer pain	great trochanter of femur → extend along iliac crest → lower abdomen

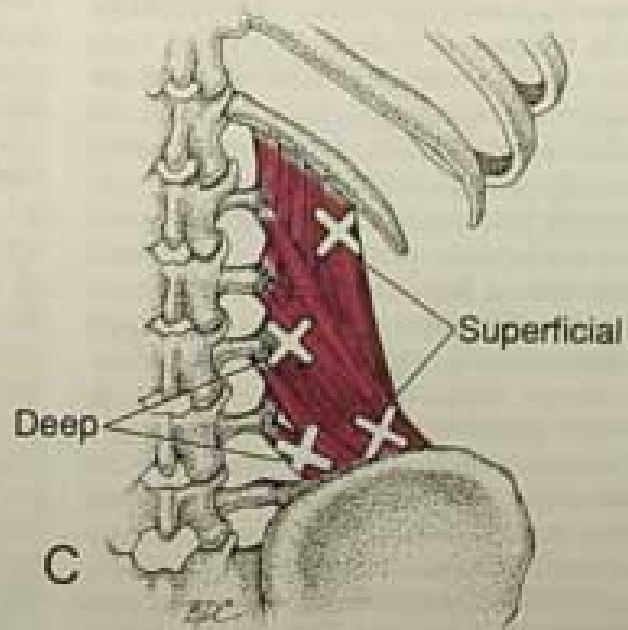
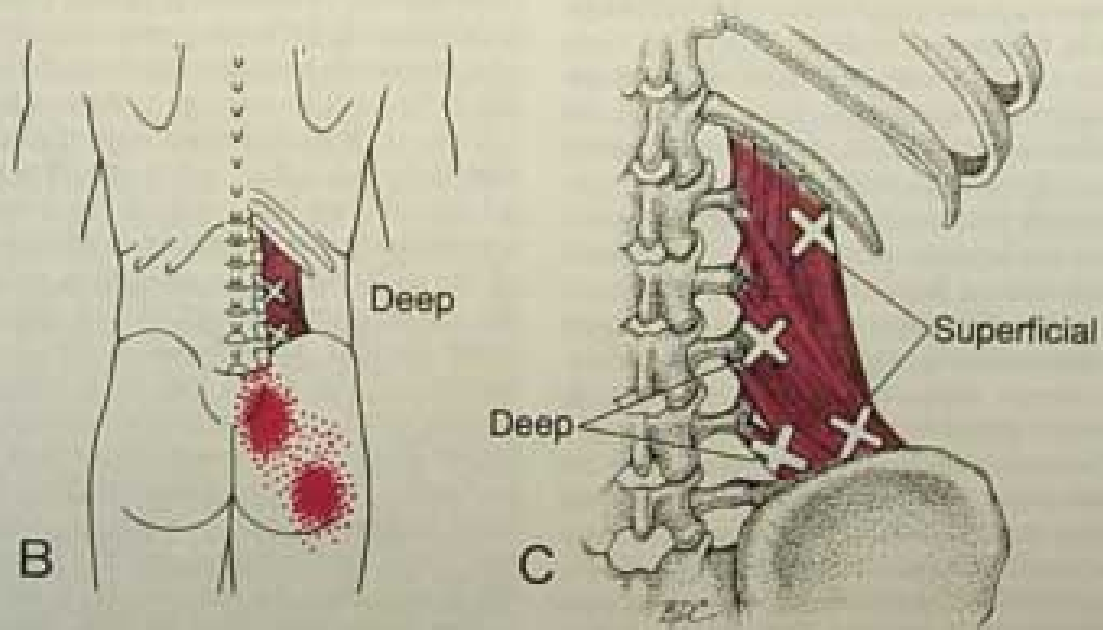
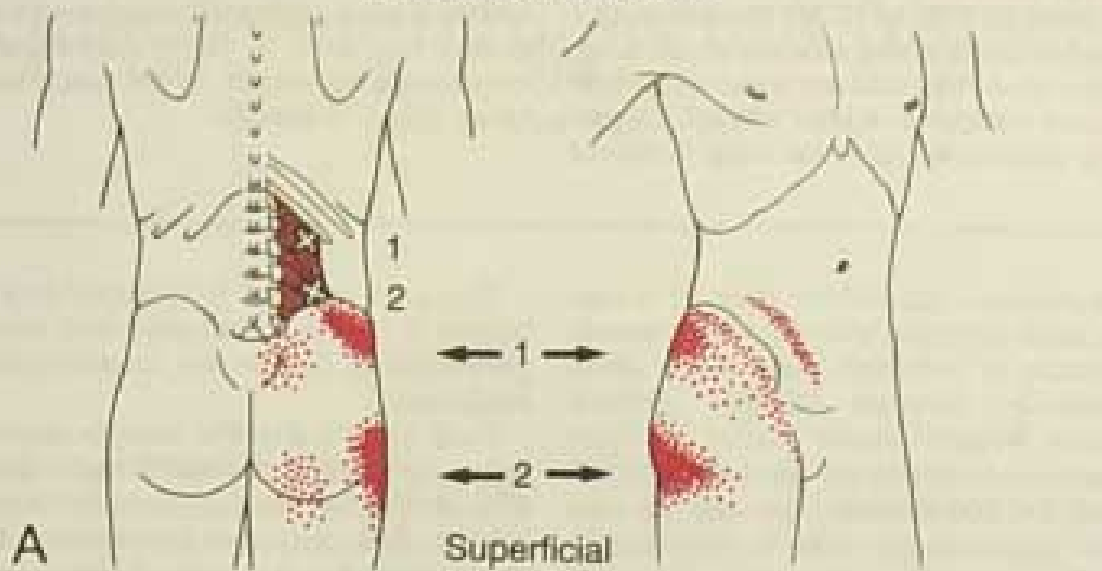


Deep Trigger Point

Trigger point	diagonal layer of muscle, midline
Refer pain	sacral area → lower buttock area → gluteal area



Quadratus lumborum



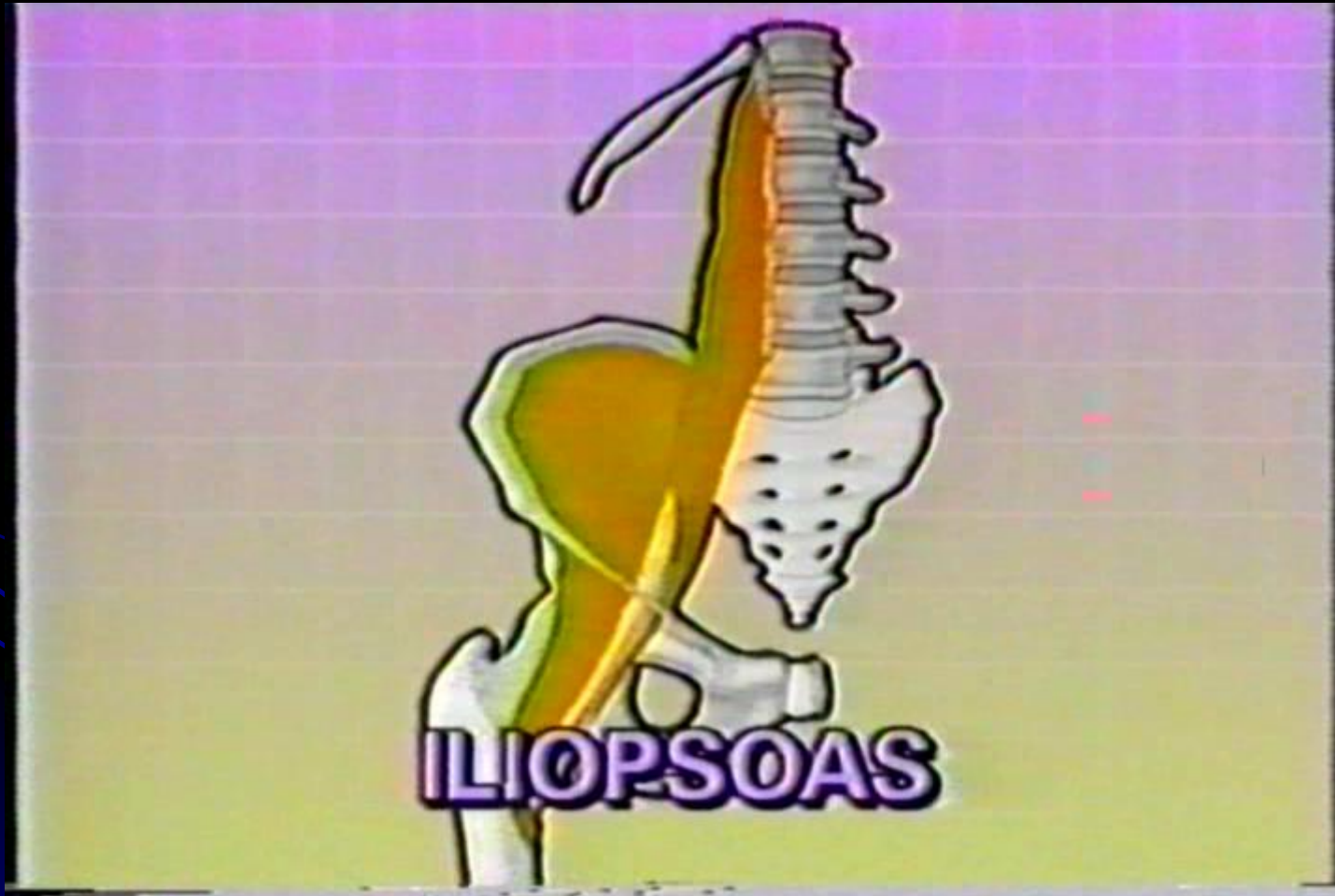
Spray and Stretch



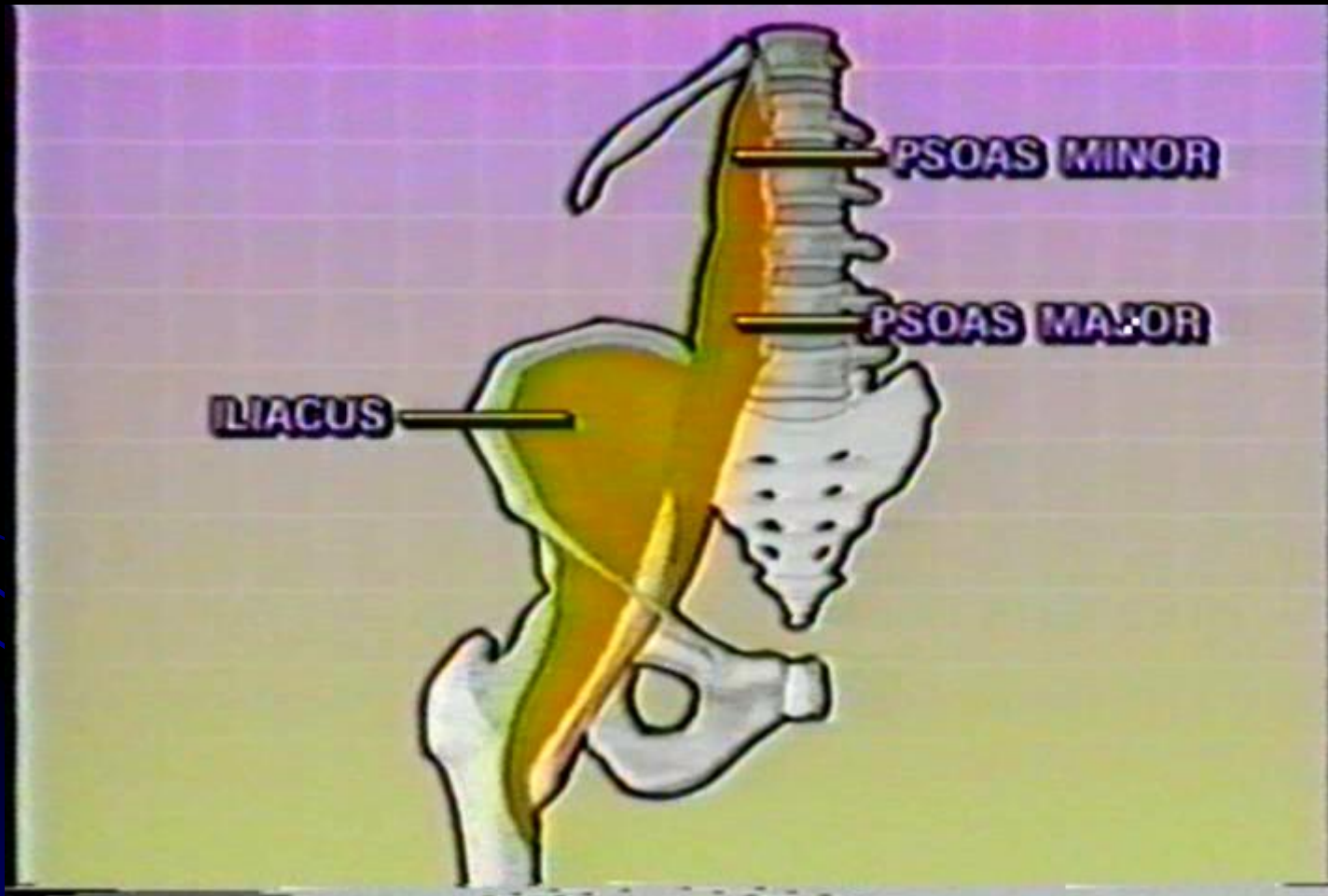
Spray and Stretch

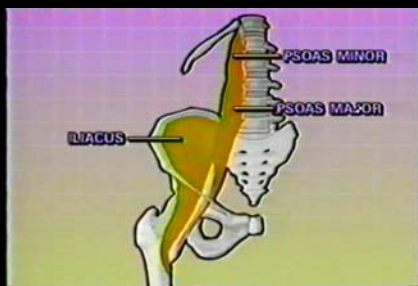


Iliopsoas



Iliopsoas



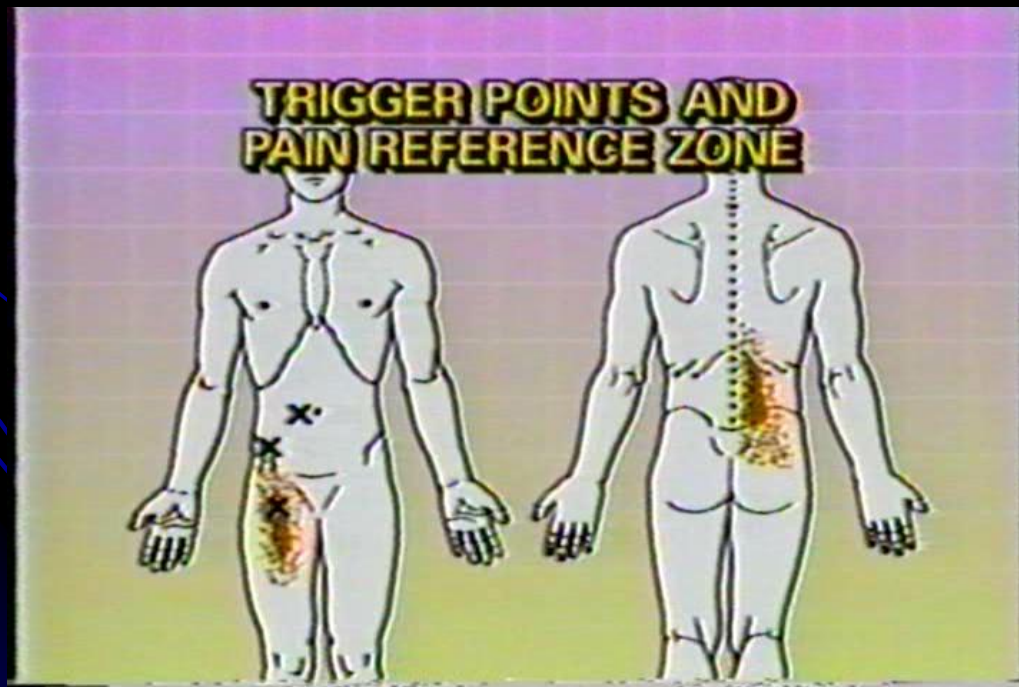


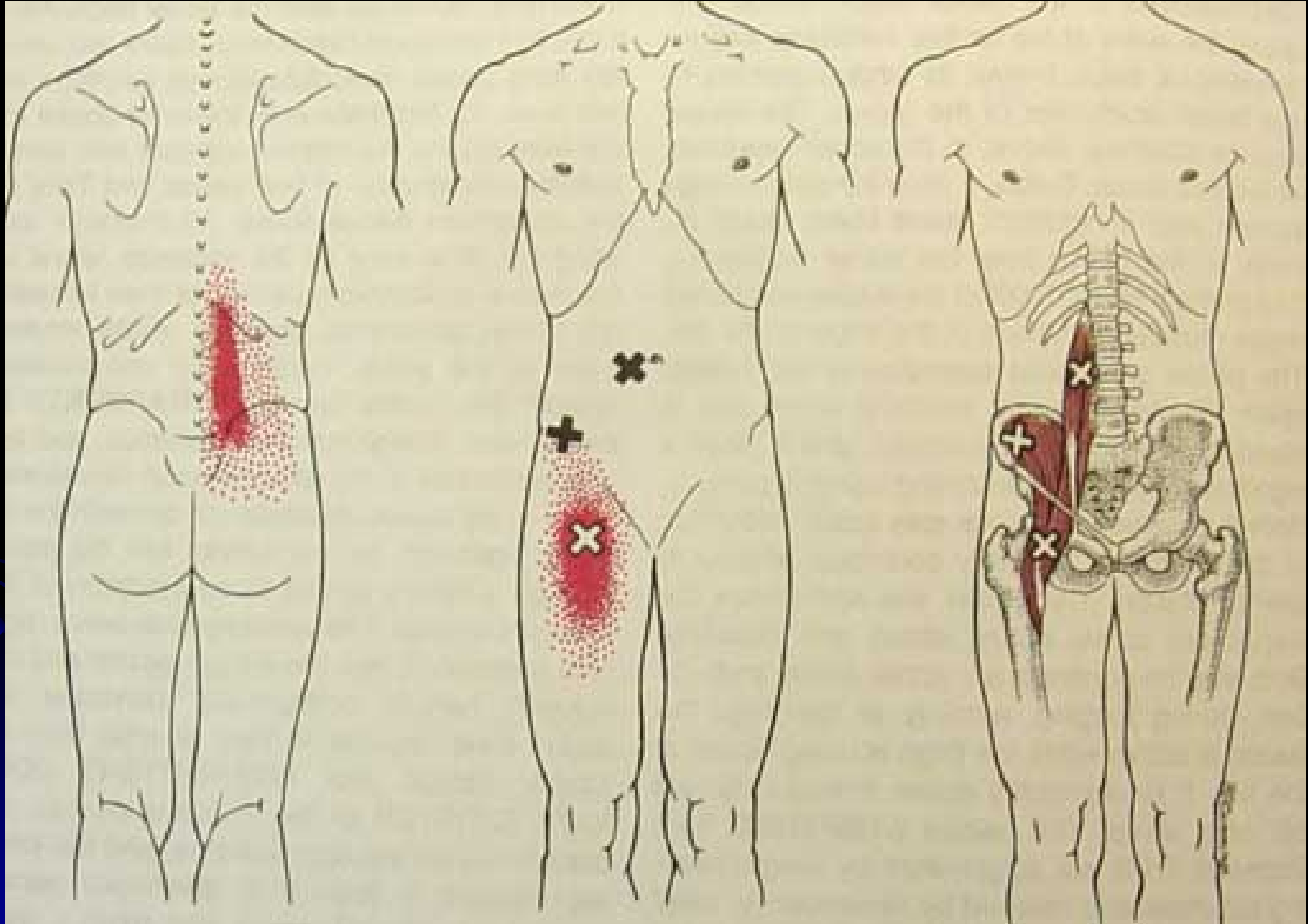
Iliopsoas

	Psoas major	Psoas minor	Iliacus
Origin	Transverse processes of L1-5, bodies of T12-L5 and intervertebral discs below bodies of T12-L4	Bodies of T12 and L1 and intervening intervertebral disc	Iliac fossa within abdomen
Insertion	Middle surface of lesser trochanter of femur	Fascia over psoas major and iliacus	Lowermost surface of lesser trochanter of femur
Action	Flexes hip	Weak flexor of trunk	Flexes hip

Trigger Point and Refer Pain

Trigger point	(1) lateral to margin of muscle (2) femoral triangle (3) iliac crest
Refer pain	lumbar to sacral region

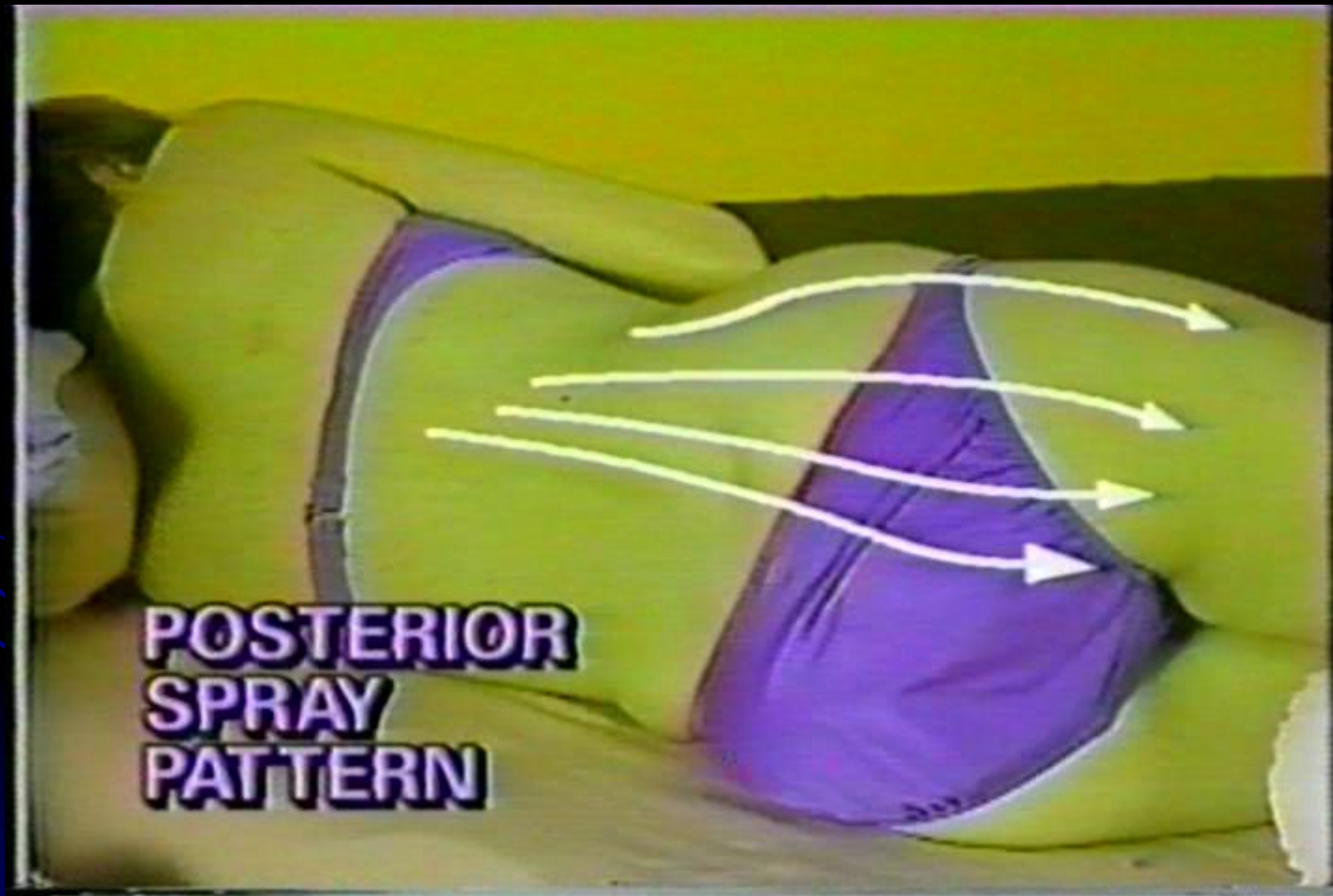




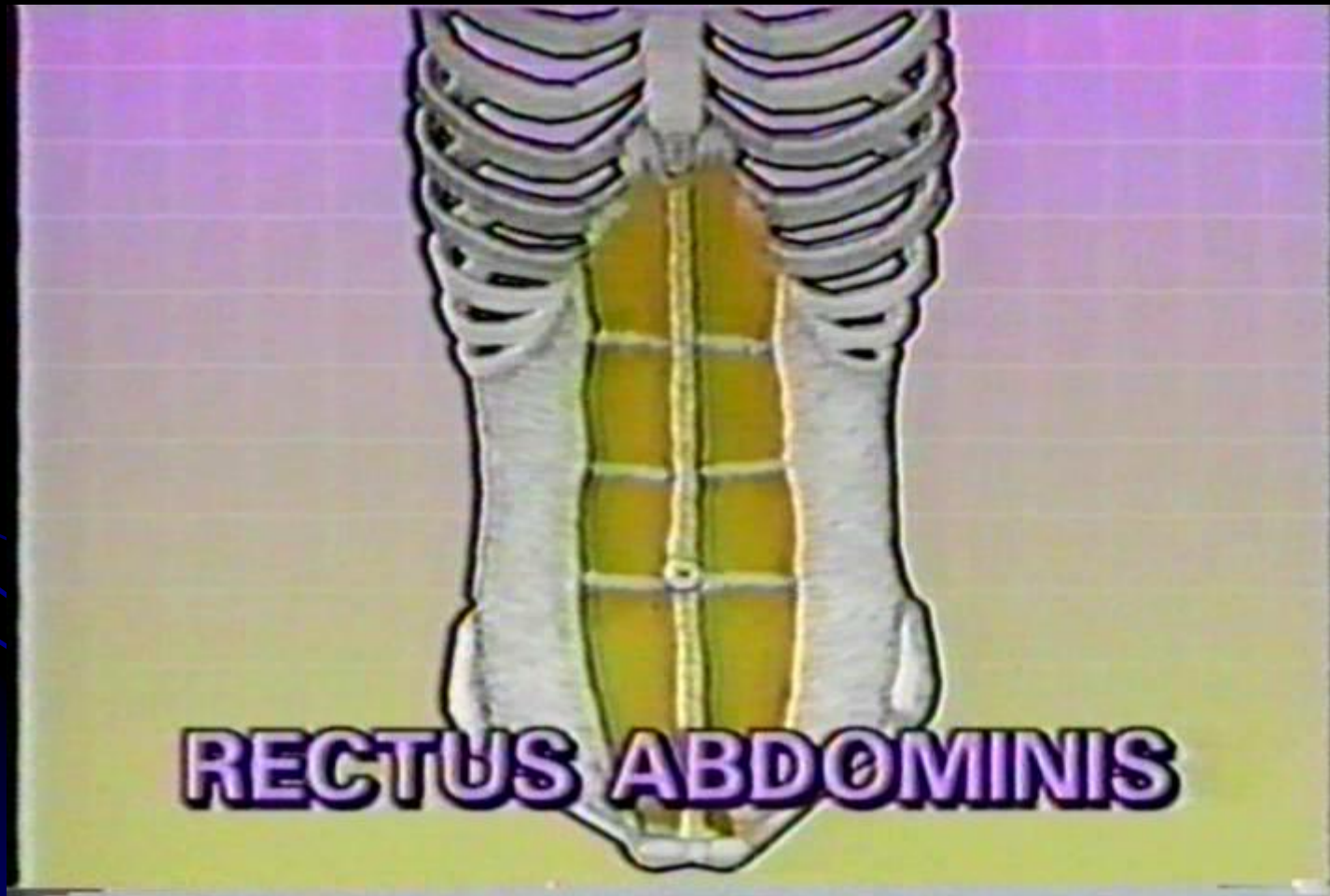
Spray and Stretch

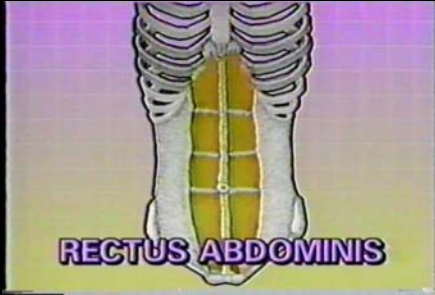


Spray



Rectus Abdominis





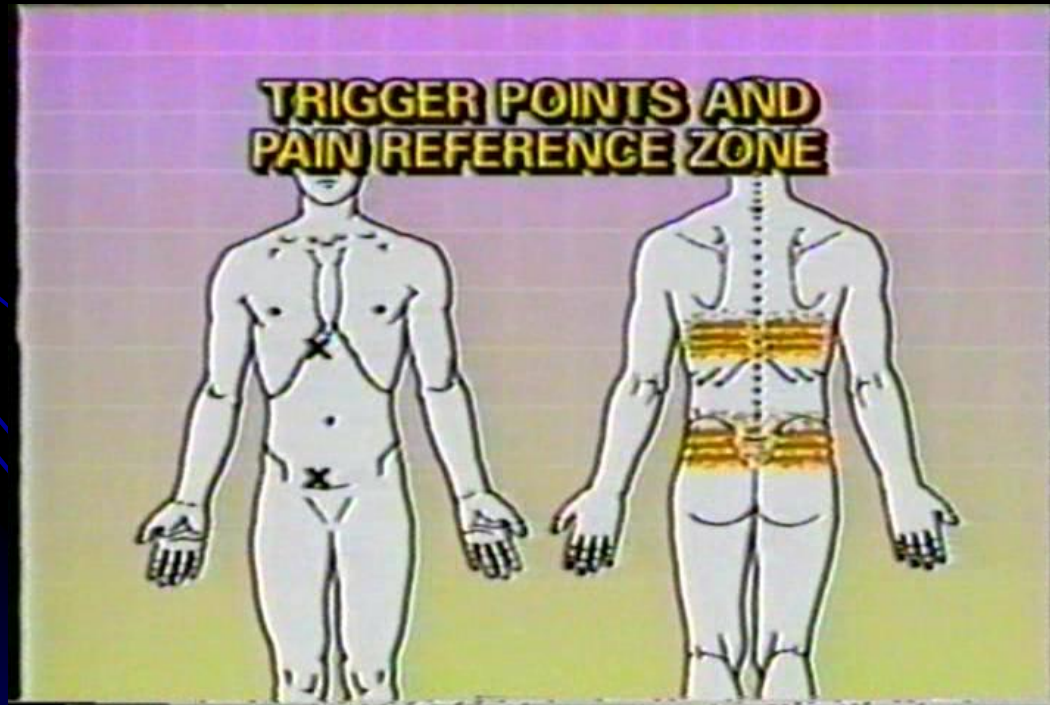
Rectus Abdominis

- Also a cause of low back pain

Origin	Pubic crest and pubic symphysis
Insertion	5, 6, 7 costal cartilages, medial inferiorcostal margin and posterior aspect of xiphoid
Action	Flexes trunk, aids forced expiration and raise intra-abdominal pressure

Trigger Point and Refer Pain

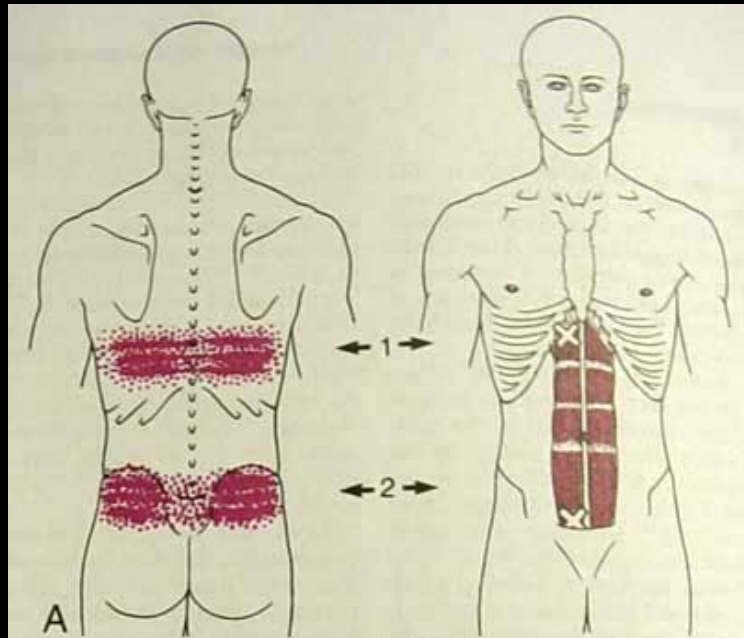
Trigger point	(1) upper end of muscle (2) pubic symphysis
Refer pain	horizontal distribution across back and sacral area



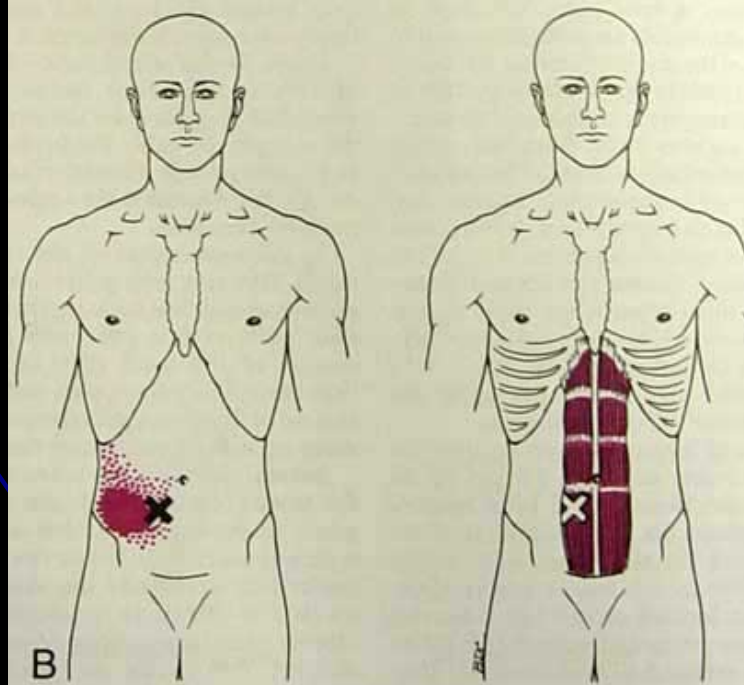
Trigger Point and Refer Pain

- McBurney trigger point





Rectus abdominis

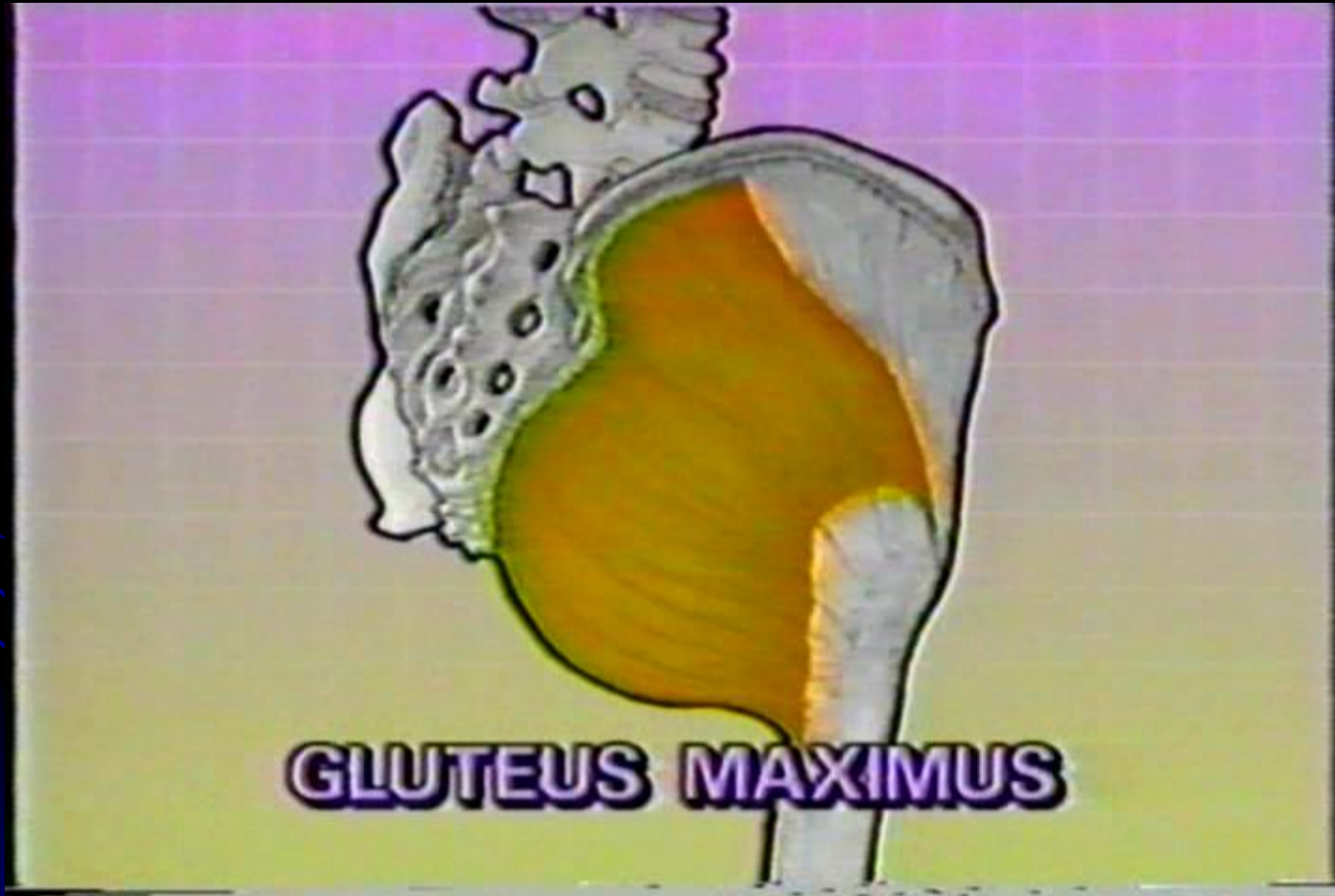


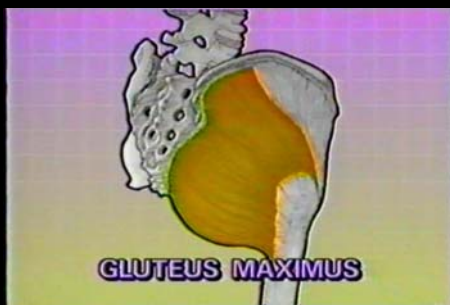
McBurney's point

Spray and Stretch



Gluteus Maximus





Gluteus Maximus

Origin	Outer surface of ilium behind posterior gluteal line and posterior third of iliac crest lumbar fascia, lateral mass of sacrum, sacrotuberous ligament and coccyx
Insertion	Deepest quarter into gluteal tuberosity of femur, remaining three quarters into iliotibial tract (anterior surface of lateral condyle of tibia)
Action	Extends and laterally rotates hip Maintains knee extended via iliotibial tract

Trigger Point 1

Trigger point	upper border of muscle
Refer pain	big arch over sacral area



Trigger Point 2

Trigger point	ischium
Refer pain	buttock area



Trigger Point 3

Trigger point

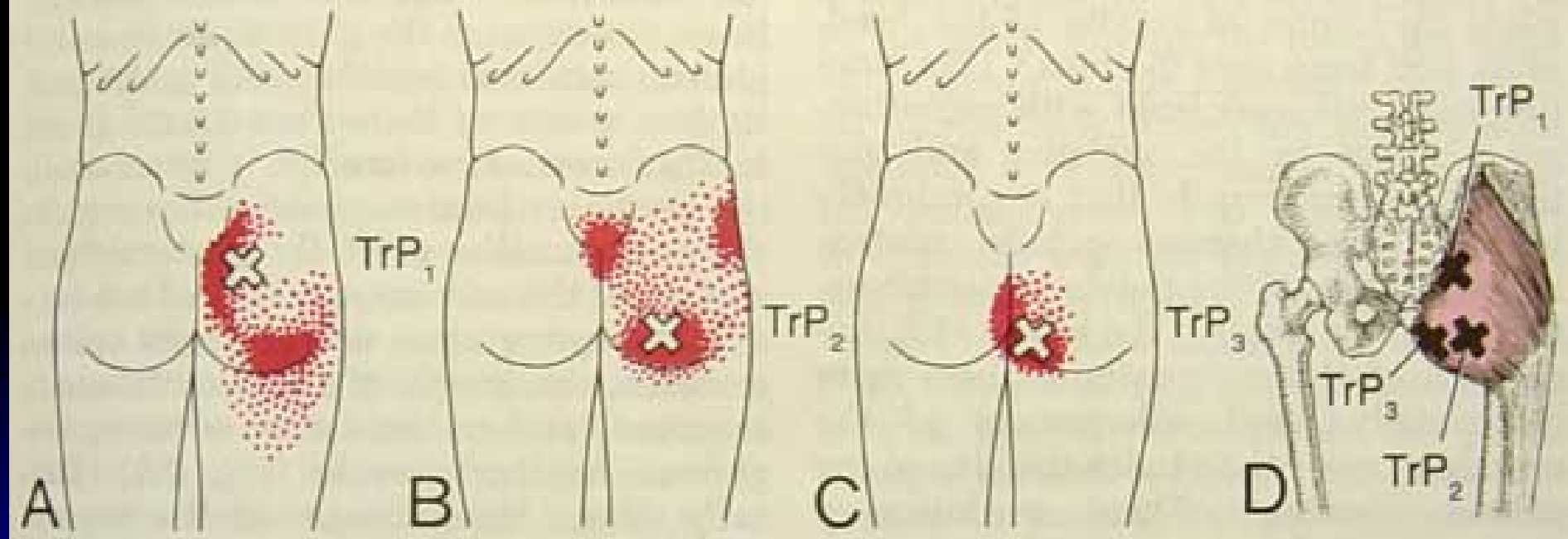
lower fiber of muscle

Refer pain

coccyx, when sit down



Gluteus maximus

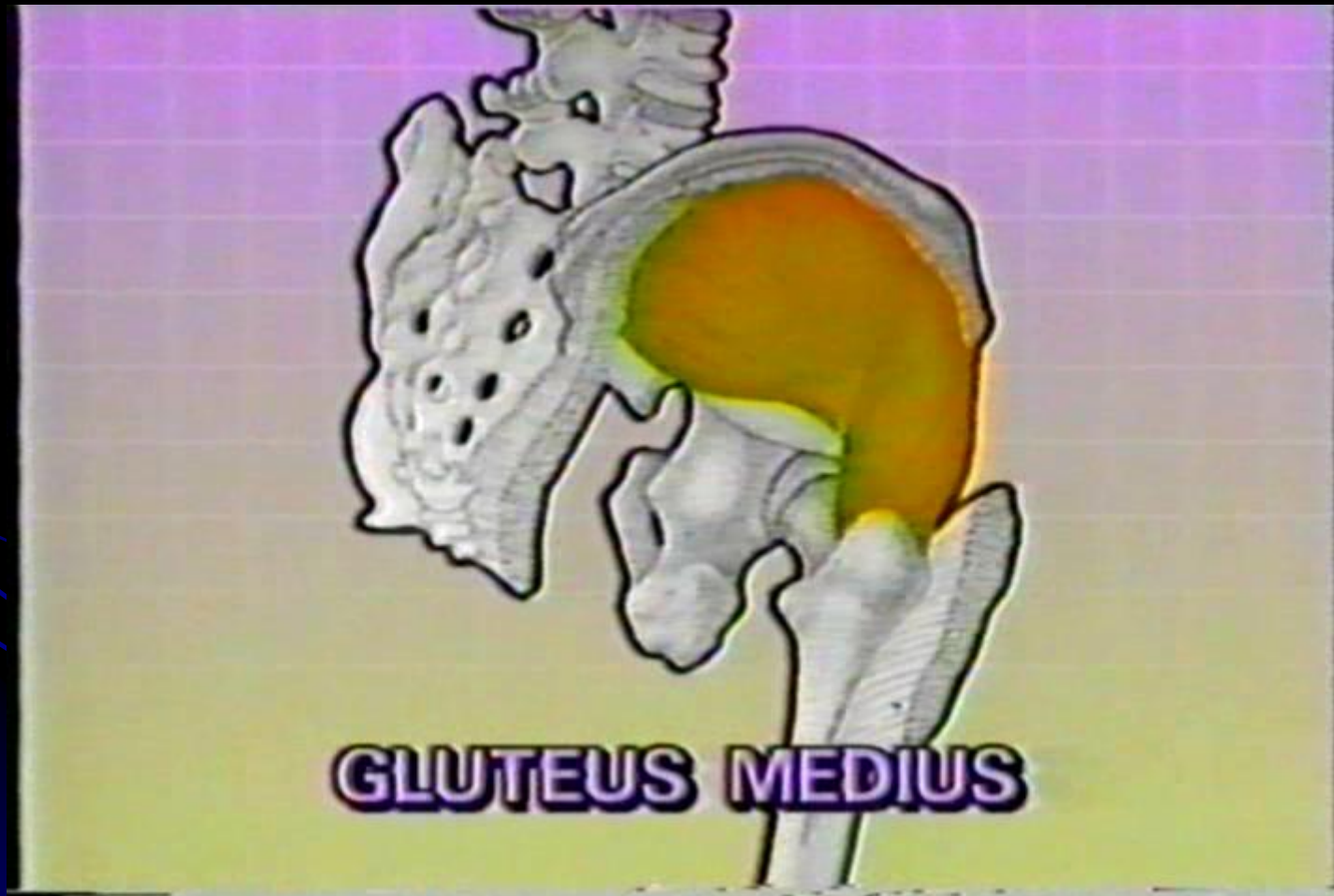


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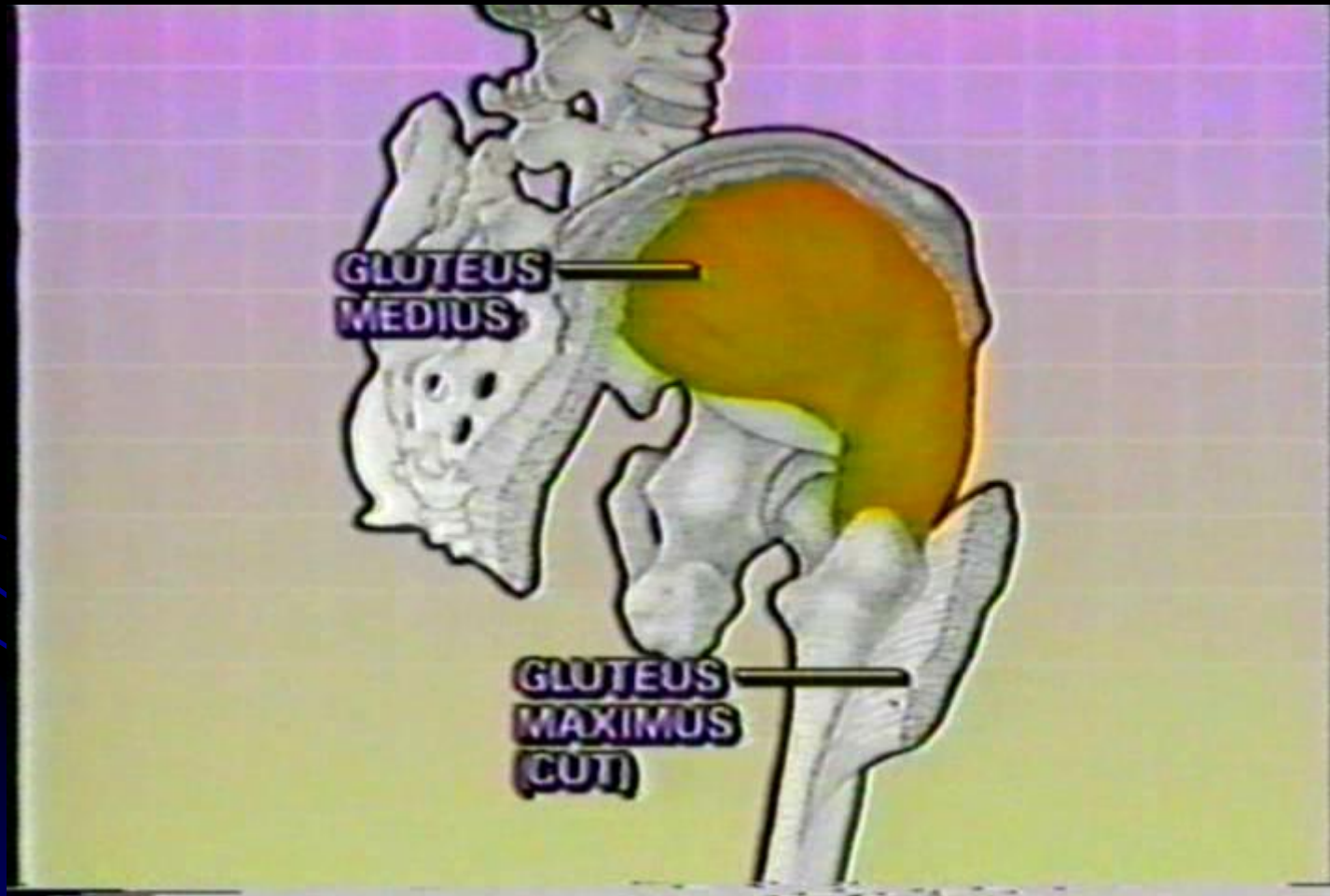
Spray and Stretch



Gluteus Medius



Gluteus Medius



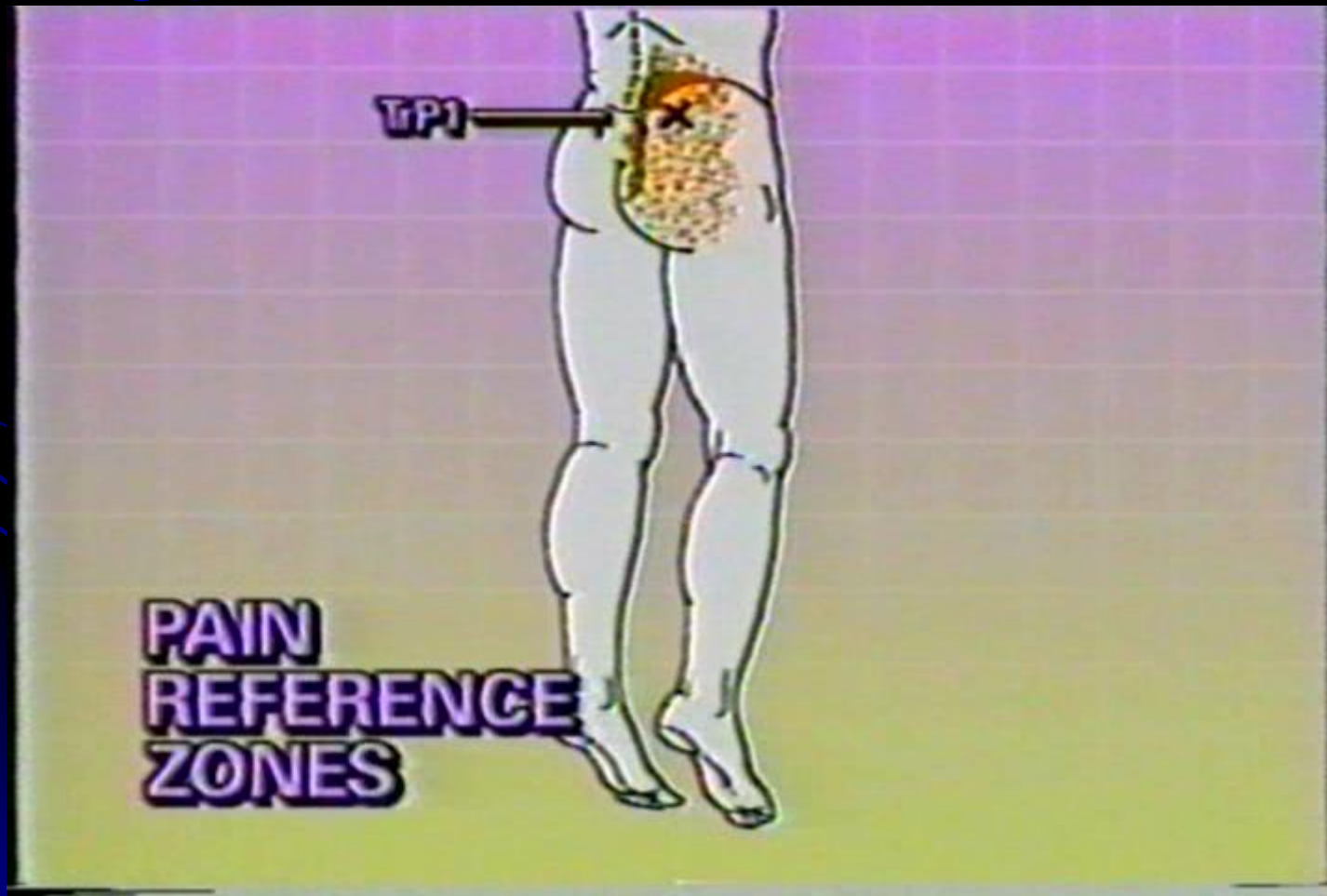


Gluteus Medius

Origin	Outer surface of ilium between posterior and middle gluteal lines
Insertion	Posterolateral surface of greater trochanter of femur
Action	Abducts and medially rotates hip Tilts pelvis on walking

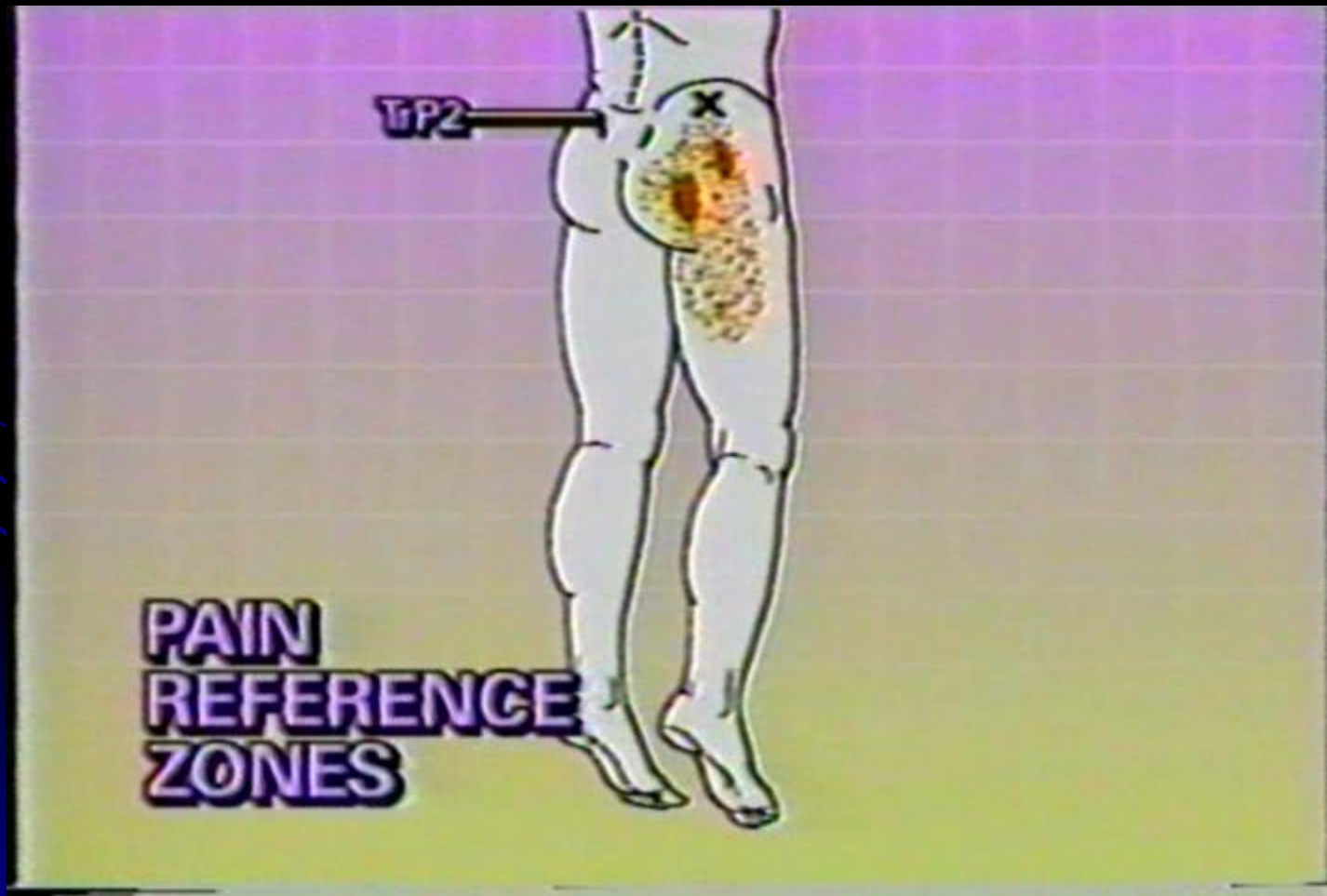
Trigger Point 1

- Along posterior iliac crest to the sacrum

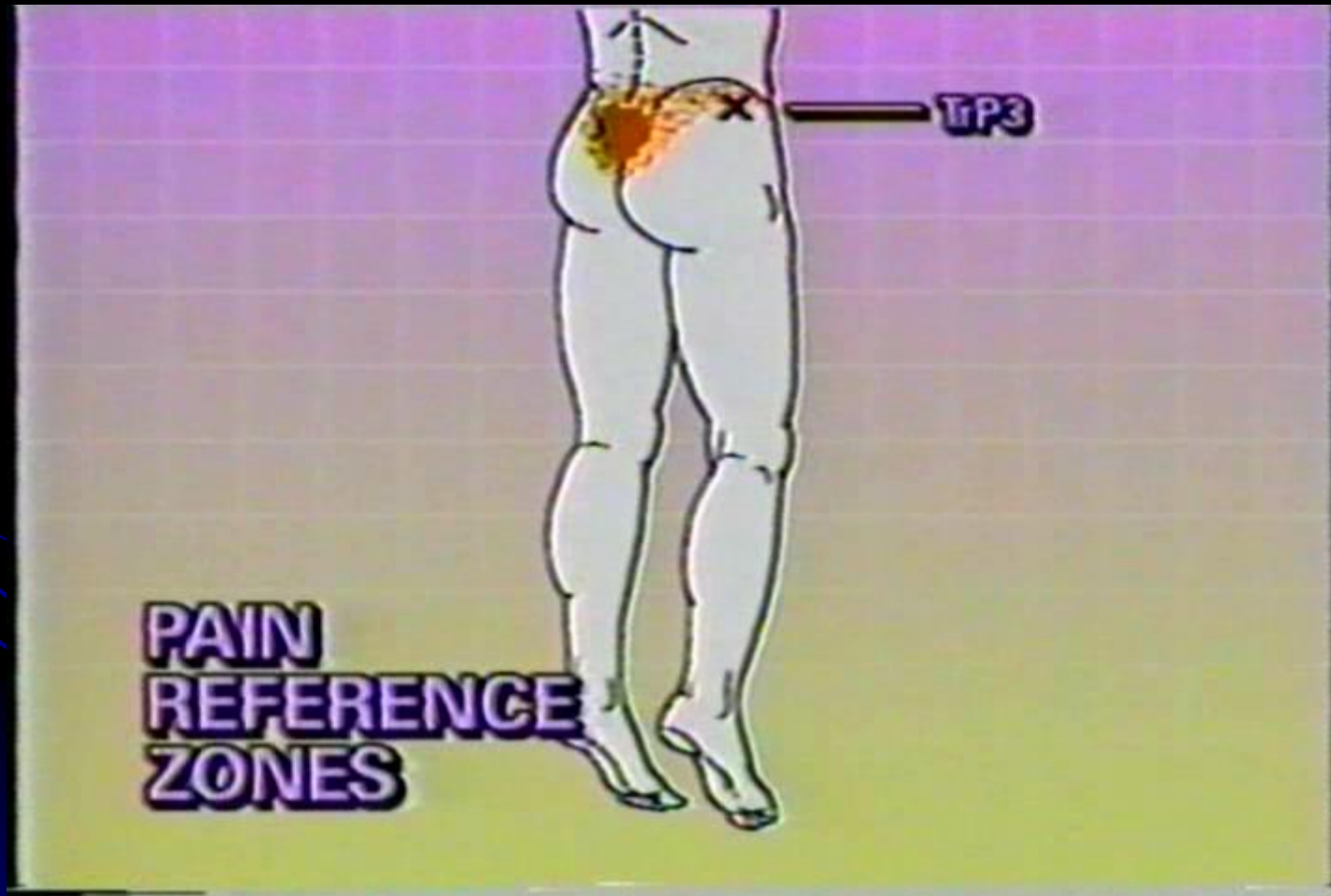


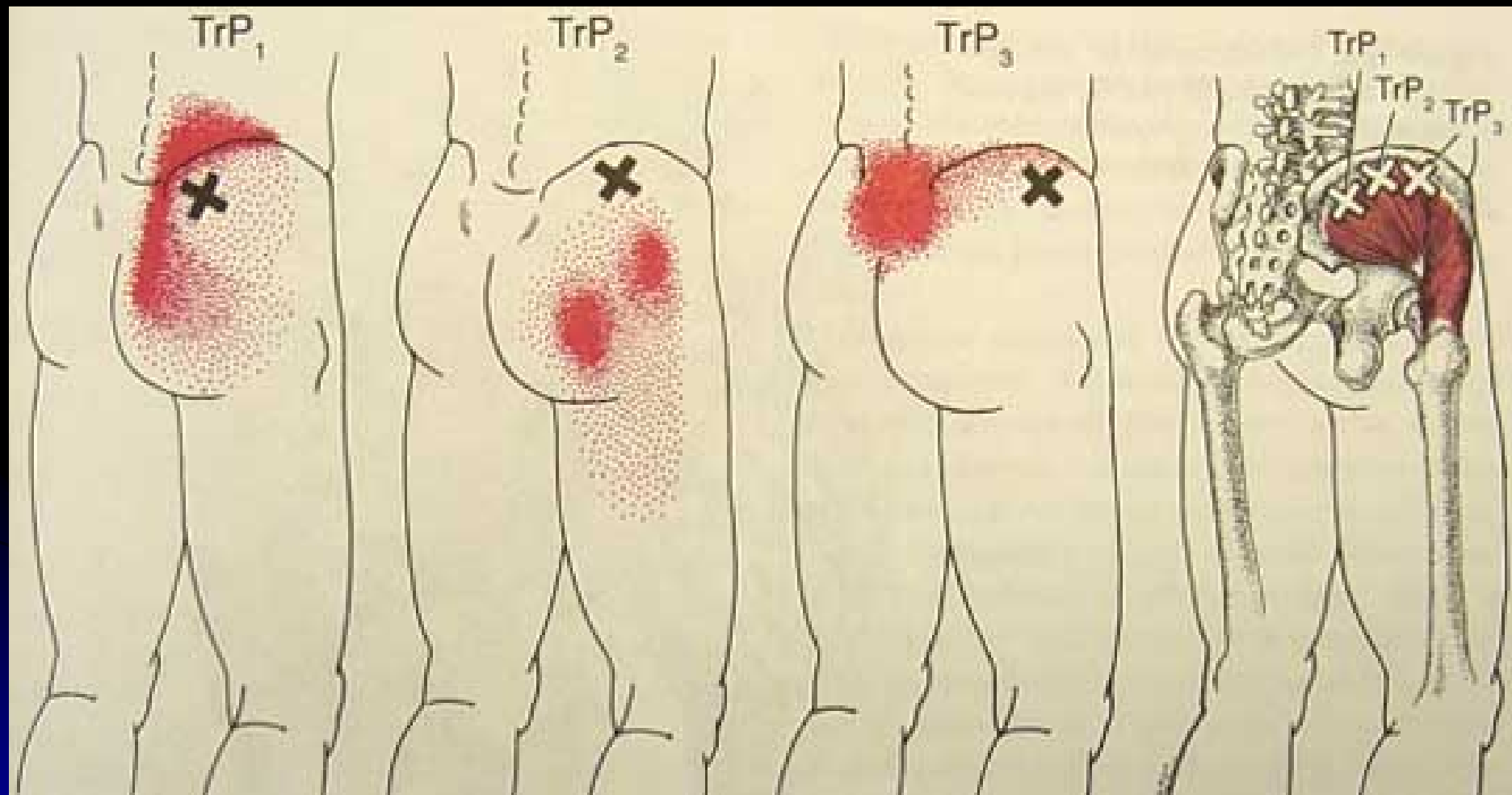
Trigger Point 2

- Posterior and lateral aspect of buttock



Trigger Point 3





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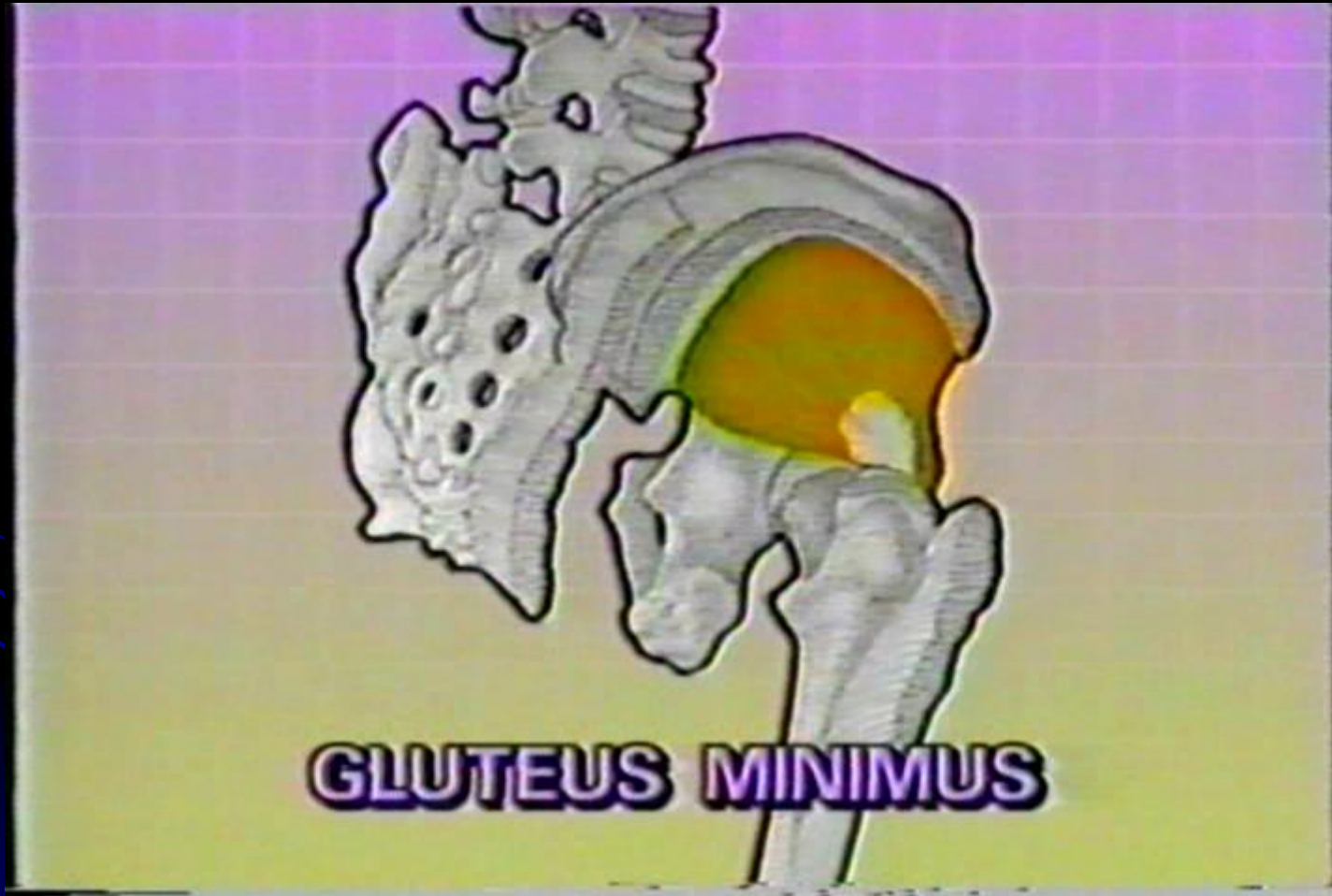
Spray and Stretch



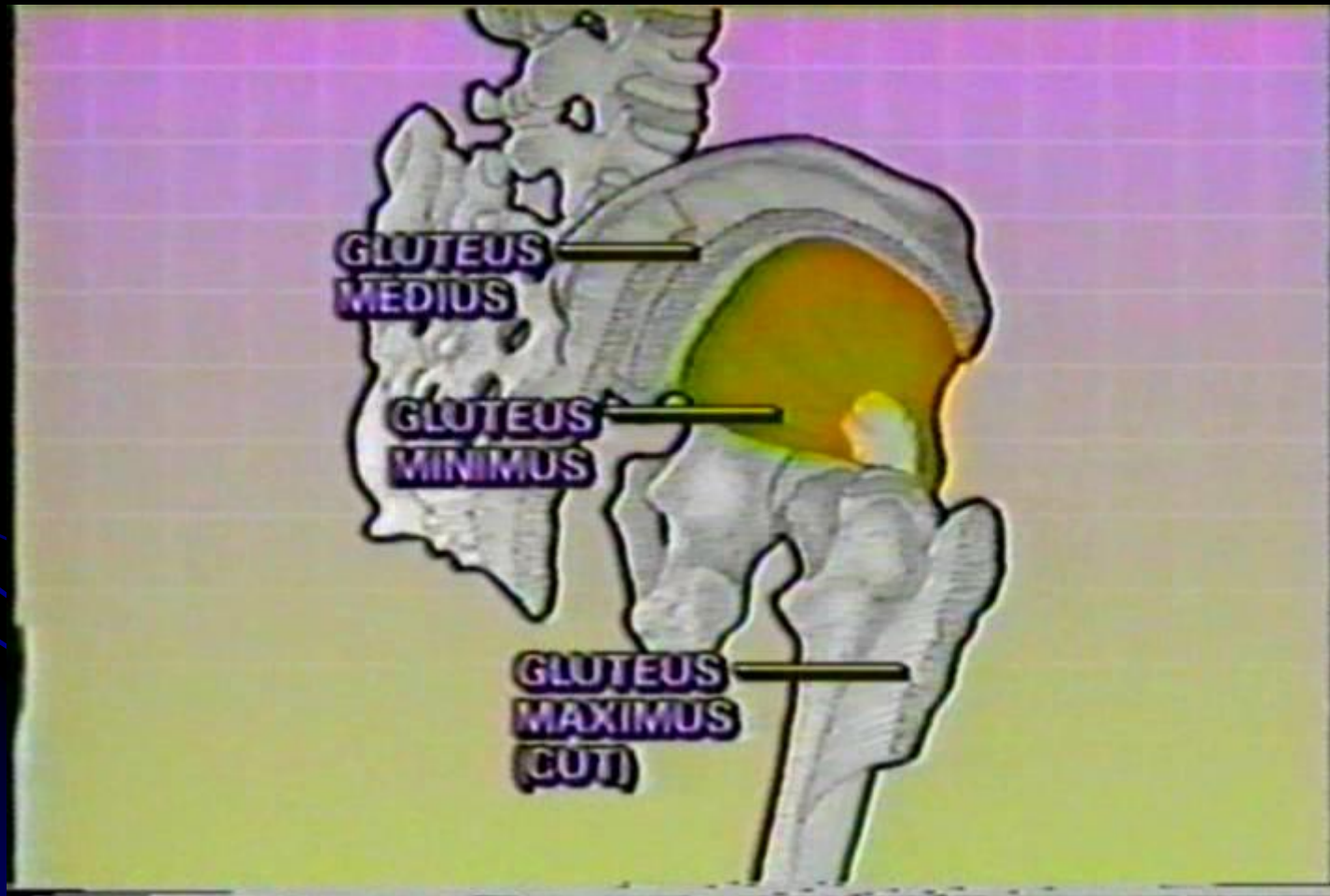
Spray and Stretch



Gluteus Minimus



Gluteus Minimus





Gluteus Minimus

Origin	Outer surface of ilium between middle and inferior gluteal lines
Insertion	Anterior surface of greater trochanter of femur
Action	Abducts and medially rotates hip Tilts pelvis on walking

Trigger Point and Refer Pain

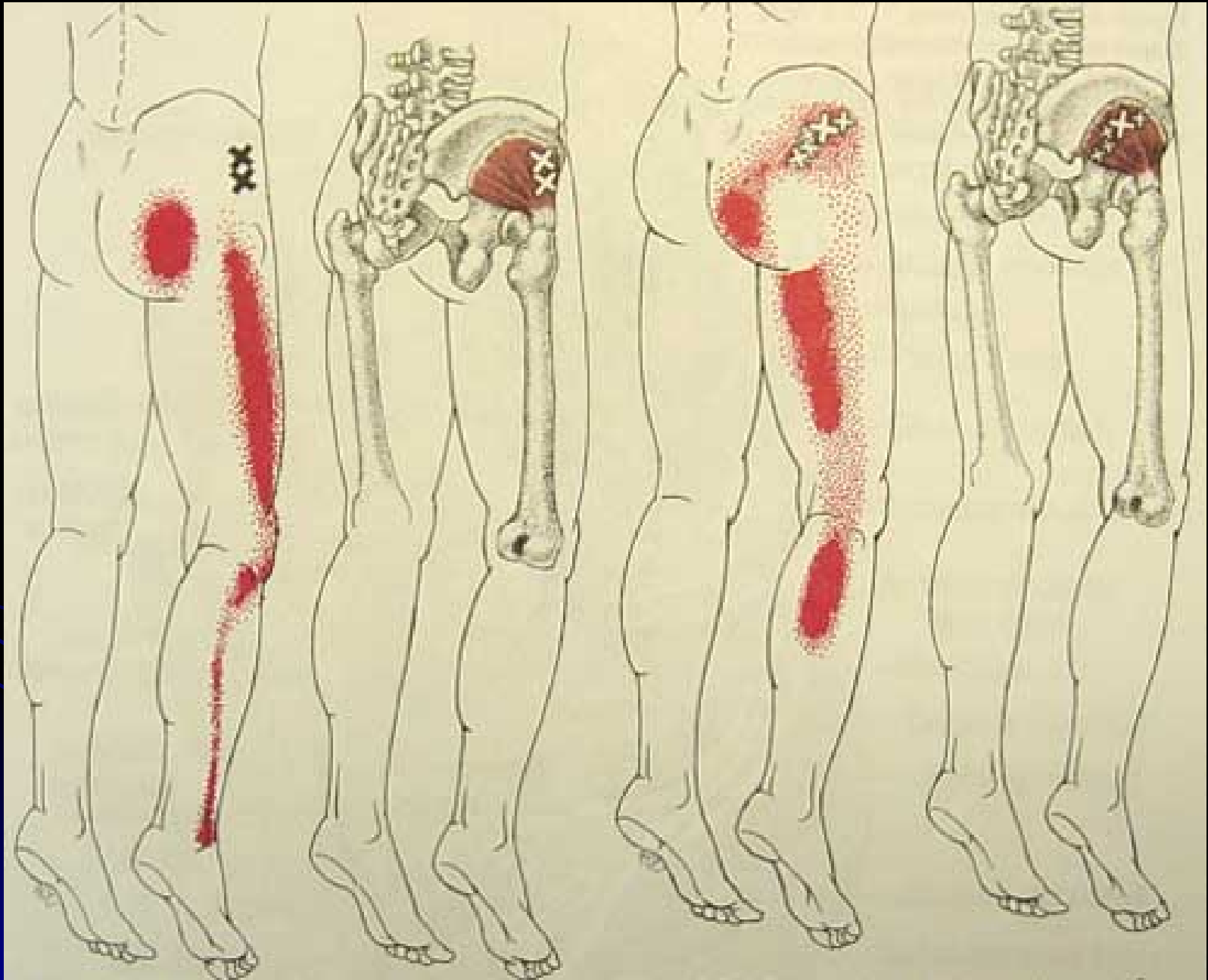
- Lateral and posterior buttock



Trigger Point and Refer Pain

- Lateral and posterior thigh to the ankle





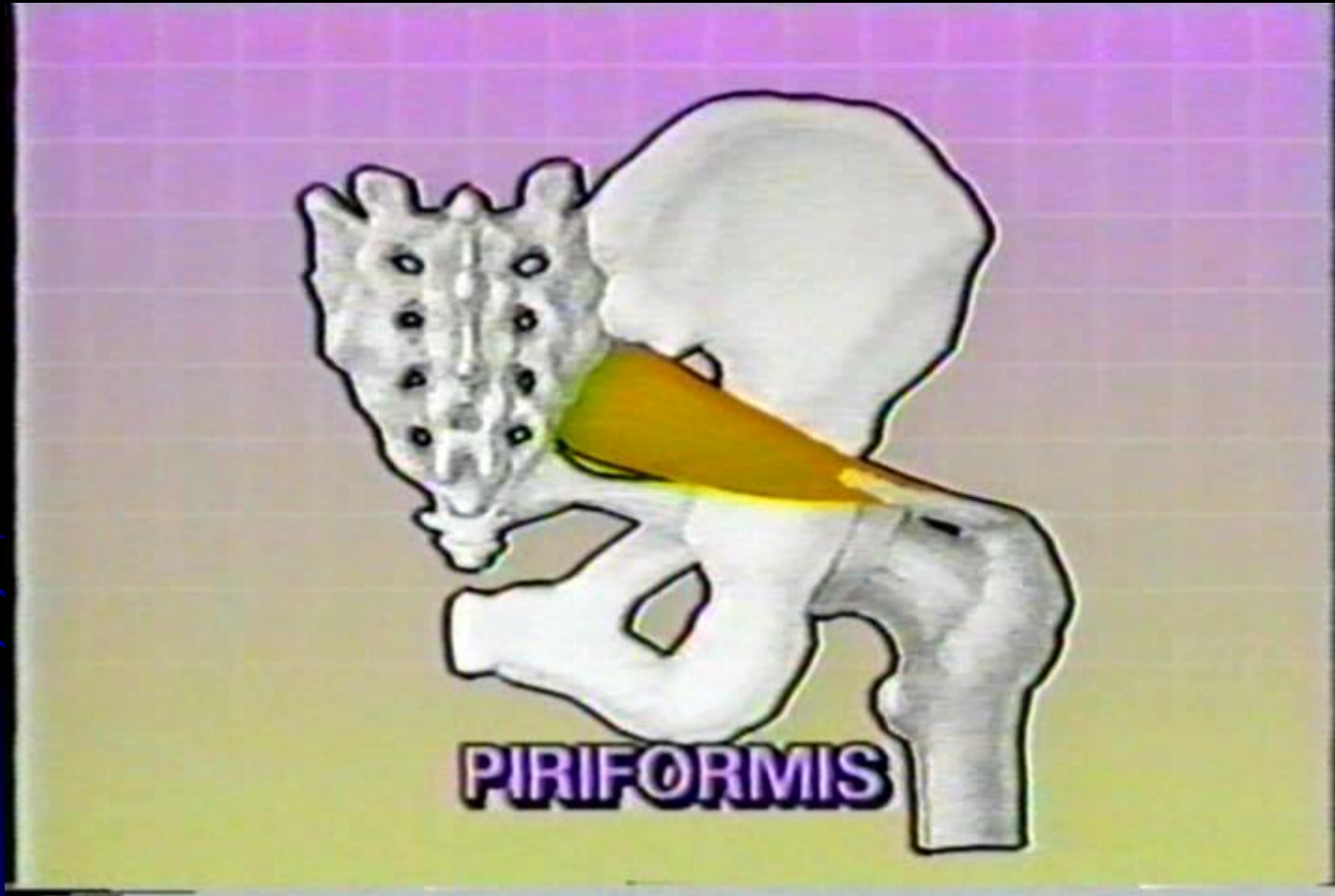
Spray and Stretch



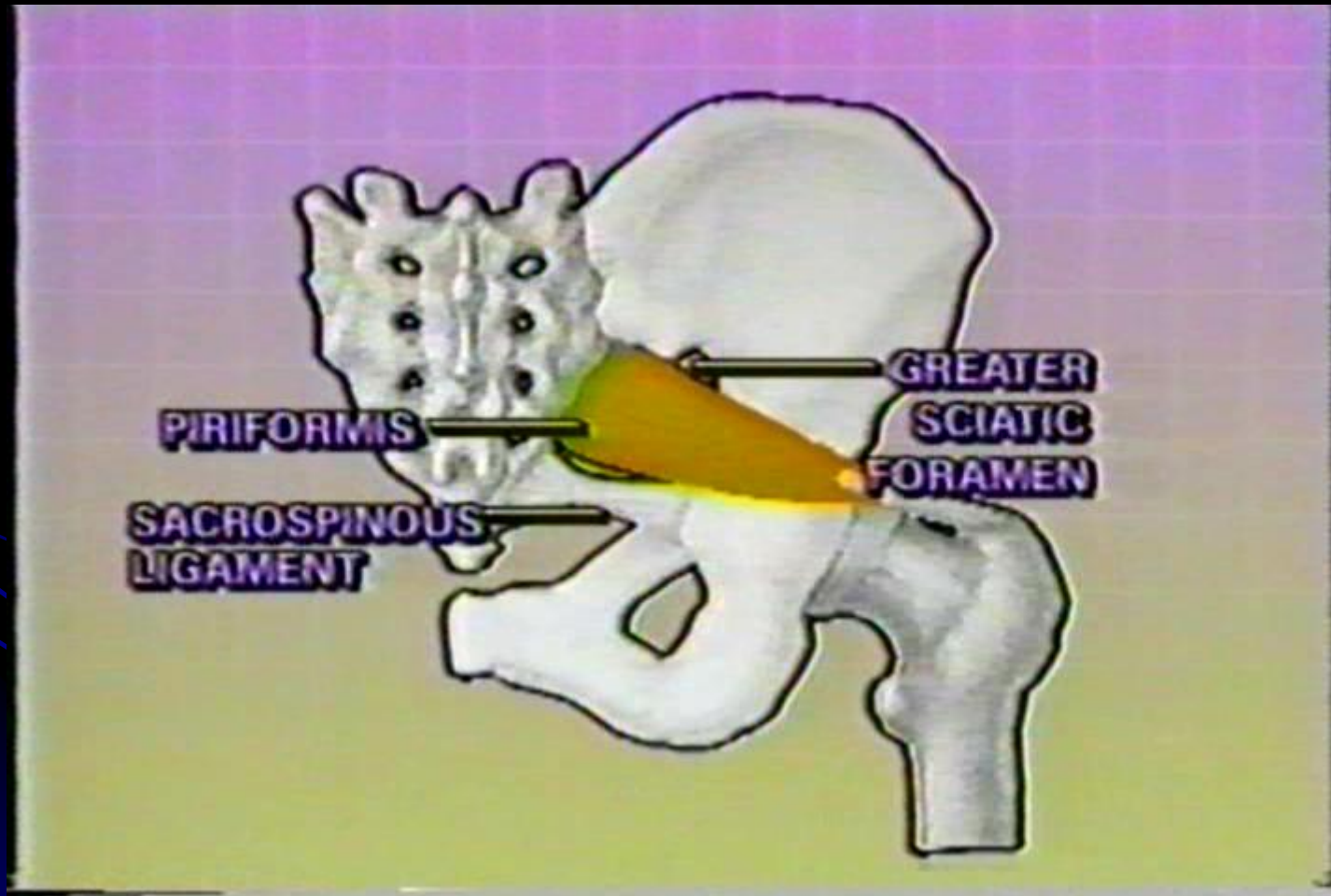
Spray and Stretch

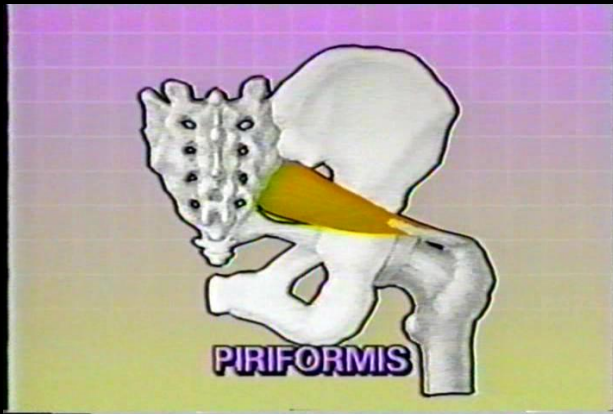


Piriformis



Piriformis



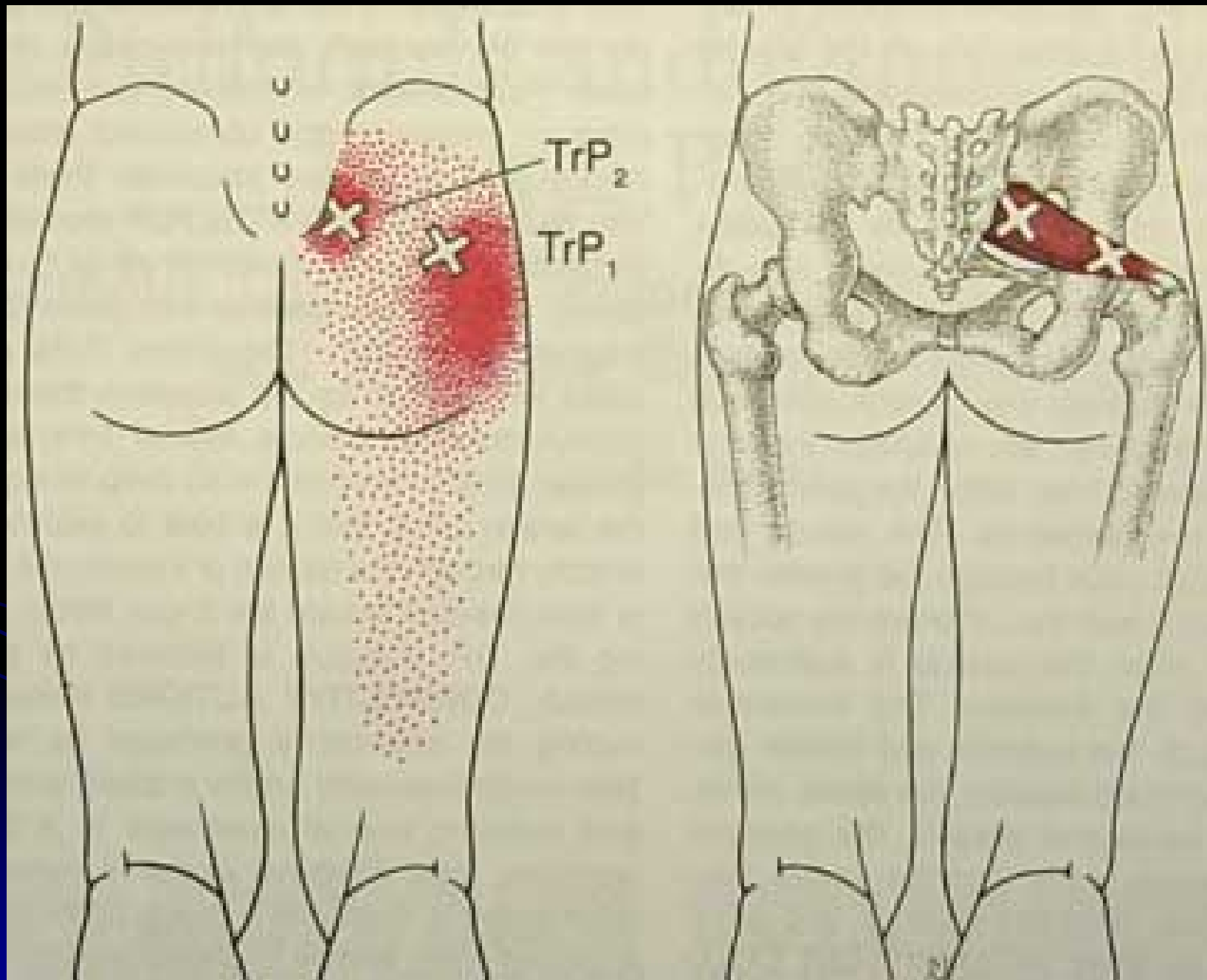


Piriformis

Origin	2, 3, 4 costotransverse bars of anterior sacrum, few fibers from superior border of greater sciatic notch
Insertion	Anterior part of medial aspect of greater trochanter of femur
Action	laterally rotates and stabilizes hip

Trigger Point and Refer Pain





Spray and Stretch

