DOI: 10.7860/JCDR/2025/80480.22604

Effect of Active Release Technique to Improve Flexibility in Patients with Piriformis Syndrome: A Review

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ABSTRACT

Introduction: The present review of literature has been undertaken to discover the "effect of Active Release Technique (ART) in improving the flexibility in patients with piriformis syndrome". Piriformis syndrome is a musculoskeletal ailment that causes discomfort. The piriformis muscle spasms and becomes inflammed as a result of long sitting positions, causing a persistent mechanical defect that eventually compresses the sciatic nerve and causes aches that radiate down the leg.

Aim: To identify the effect of active release technique to improve flexibility in patients with piriformis syndrome.

Materials and Methods: Using PubMed, Google Scholar, Research Gate, and Scopus, database searches were performed. The keywords: Piriformis, piriformis syndrome, pain, ART in piriformis syndrome, prevention and intervention of piriformis syndrome, range of motion, flexibility were searched. Articles released within the year 2019-2025 were selected. Languages apart than English were not included. The study encompassed both male and female sexual groups.

Data is extracted from proportion of clients in various systematic review and randomised controlled trials.

Result: Numerous studies have been conducted individually and on comparison to see the effect of active release technique in reducing pain and improving flexibility in piriformis syndrome. This technique plays a significant role in reducing pain, improving flexibility, increasing the functional range of motion and promoting long term relief. However, it is often recommended to combine the use of ART with other physical therapy techniques such as stretching, strengthening, and posture correction.

Conclusion: ART has proven to be significantly better when compared to other techniques in reducing pain, improving the flexibility and range of motion.

Keywords: Active release technique, Flexibility, Pain, Physical therapy technique, Piriformis syndrome, Range of motion

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