

APPENDIX M

Steps taken for measuring pressure threshold of the Piriformis muscle:

- The dial was set to zero.
- The algometer was placed over the Piriformis muscle just posterior and superior to the greater trochanter with the metal rod being perpendicular to the surface of the skin.
- The patient was asked to say “now” at the point where the pressure sensation became a sensation of pain or discomfort.
- Increased pressure was applied at a rate of 1kg/second (Fischer, 1987:209) until the patient said “now”.
- The algometer reading at that point was then recorded in kilograms per square centimetre