

Lower Body Protocols

Sequence of Muscles to be Treated – Lower Back and Gluteal Region (Bilateral):

1. Right Piriformis
2. Right Gluteus Medius
3. Right Quadratus Lumborum
4. Right Lumbar Paraspinals
5. Left Lumbar Paraspinals
6. Left Quadratus Lumborum
7. Left Gluteus Maximus
8. Left Piriformis
9. Left Gluteus Medius

→ Posterior Gluteus Minimus is treated if there is posterior leg radiation (patient lying prone).

→ Anterior Gluteus Minimus is treated if there is lateral leg radiation (patient lying on the side).

→ Thoracic Paraspinals (T8–T12) are treated bilaterally if tenderness is present.

Gluteus Maximus- if low buttock pain

Sequence Of Muscles To Be Treated For Knee:

1. Rectus Femoris
2. Vastus Lateralis
3. Vastus Medialis
4. Medial Gastrocnemius

Sequence Of Muscles To Be Treated For Calf and Heel:

1. Medial Gastrocnemius
2. Medial and Lateral Soleus
3. Lateral Gastrocnemius (if tender)

→ Perform two treatments first.

→ If heel tenderness persists, add the Quadratus Plantae muscle.