SCIATICA STRETCHES AND EXERCISES

MySciaticaExercises.com

We highly recommend printing this and placing it somewhere you will see it frequently.

Piriformis Super Stretch

Hold 3-5 sec; repeat 5-8 times; Perform at least once per day.

Begin in the hand and knees position, if you have sciatica on the right, rotate both legs to the left and extend your left leg straight back, if you have sciatica on your left, rotate both to the right and extend your right leg straight back. Slowly lower your trunk down as far as you comfortably can.

Lying Glute Stretch

Begin lying on your back, cross one leg over the opposite knee and slowly bring the foot that is still on the floor up and towards your chest. When it is close enough, grab your knee from under the leg that is crossed on both sides with both hands.

Slowly come out of the stretch and repeat.

Hold for 3-5 sec, repeat 5-8 times; both sides; perform at least once per day.

Hip Flexor Exercise

Repeat 10-15 times on both sides; Perform at least once per day…

Begin standing, placing one foot comfortably in front of you, shoulder width apart, holding on to a chair or rail for support. Slowly bend both legs lowering the back knee to the ground. All the work will be done on the front leg so be sure to perform this exercise on both sides. Slowly come out of the stance and repeat. Hold for just a moment in the up and down positions.

HELPFUL INFO:

QUICK TIP #1

Stand up! Too much sitting causes the hip flexors to become tight. Set a timer on your computer or phone to remind you every 30-60 minutes.

QUICK TIP #2

Have you had enough water today? Your body needs to be hydrated at all times.

QUICK TIP #3

Sciatic nerve pain is simply caused by pressure being placed on the sciatic nerve and is usually a result of one or more of the following four things; Piriformis Syndrome, Herniated Discs, Spinal Stenosis and Spondylolisthesis.

RESOURCES

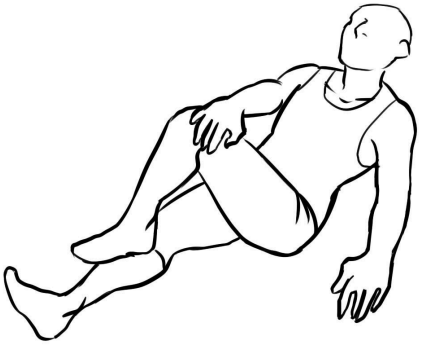
MySciaticaExercises.com
LoseTheBackPain.com

We do not give specific medical advice and you should always consult your physician before beginning any stretching regimen.

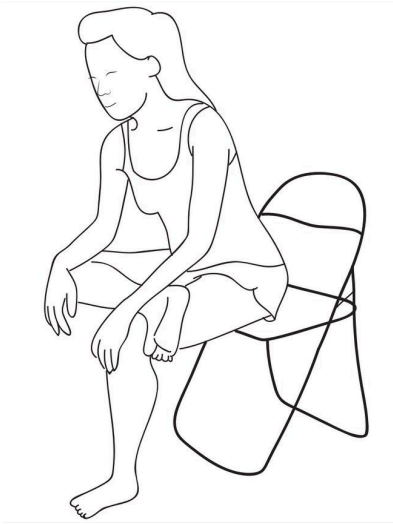
Lying Outer Hip Stretch

Begin on your back knees bent. Take the affected leg and bring it over the non affected leg, keeping shoulders on the ground, applying gentle downward pressure to the knee, allowing the hip to stretch as much as you comfortably can.

Hold 3-5 sec; repeat 5-8 times; perform at least once per day.



Seated Figure Four Stretch



Begin sitting. Bring the affected leg up and over the opposite knee. Once in that position, stabilize the bent leg with both hands one hand on the foot keeping the leg in position then push down on the knee of the bent legs with the other hand while at the same time leaning your trunk forward. Only go as far as you comfortably can, come out of the stretch and repeat, only on the affected side.

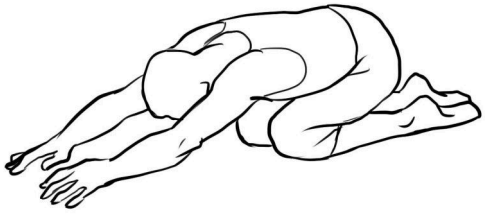
Hold for 3-5 sec, repeat 5-8 times; perform at least once per day.

Child's Pose

Begin in a kneeling position. Drop your butt toward your heels as you stretch the rest of your body down and forward.

In the fully stretched position, rest your arms in a relaxed position along the floor, rest your stomach comfortably on top of your thighs. You should feel a mild stretch in your shoulders and buttocks and down the length of your spine and arms.

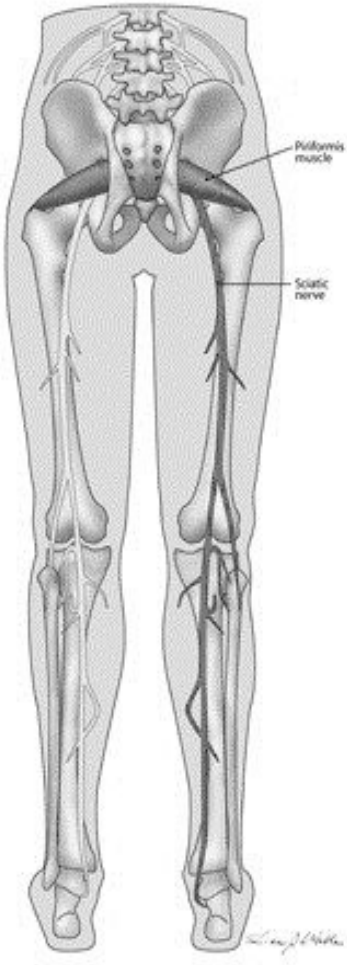
Don't force your derriere to move any close to your heels than is comfortable.



Hold for 3-5 sec, repeat 5-8 times; perform at least once per day.

We hope you have found this guide valuable. Thank you for putting your trust in us at: **MySciaticaExercises.com**

SCIATICA 101:

Sciatica is pain, tingling, or numbness produced by an irritation of the nerve roots that lead to the sciatic nerve.

The sciatic nerve is formed by the nerve roots coming out of the spinal cord into the lower back. It goes down through the buttock, then its branches extend down the back of the leg to the ankle and foot.