SCIATICA STRETCHES AND EXERCISES

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

PIRIFORMIS SUPER STRETCH

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.

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

LYING GLUTE STRETCH

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...
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.

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.