

## Exercises For Sciatic Pain

### Glute Bridge Exercise



1. Lie on your back with knees bent and feet flat on the floor.
  - a. Arms may rest straight at your sides, palms facing down.
2. Tighten abdominal muscles by pulling your belly button in towards the spine.
  - a. For support, press arms into the floor and push through heels, raising hips toward the ceiling.
3. Hold for 5 - 30 seconds, then gradually return to starting position. Repeat 4 - 8 times.

### Figure 4 Stretch



Lie on your back with feet flat on the floor.

1. Cross right ankle over left knee and keep right foot flexed.
2. Gradually bring the left knee toward the chest.
  - a. You may reach your right hand through your legs and interlock fingers under the crease of your left knee.
3. Using your arms, pull the left knee towards your chest.
  - a. Pause and hold position for about 4 - 5 breaths.
4. Repeat stretch 2 - 3 times.
5. After completing the stretch for one side, switch sides and repeat steps 2 - 5.

### Child's Pose Stretch



1. This stretch begins on the floor, on your hands and knees.
2. Bring knees together as you gradually sink backwards by bringing hips toward heels.

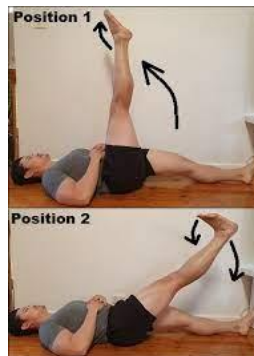
- a. Arms may extend so they are outstretched straight in front or you may place them alongside your body for a more comfortable position.
- b. Allow your forehead to rest on the ground.
3. Sink deeper into the stretch, pause, and breathe deeply.
4. Hold for 3 - 5 minutes or for as long as you'd like. No need to repeat this exercise.

### Lower Trunk Rotations



1. Begin exercise by lying on your back with knees bent and feet flat on the floor.
2. Gently rotate the spine as you move knees to the side.
3. Reverse directions and move knees to the opposite side.
4. Hold position for 1 - 3 seconds. Repeat 10 x on each side. Perform 1 time per day.

### Sciatic Nerve Glide



1. Lie on your back and bend hips to a 90 degree angle. Lift a single leg straight up.
2. Bend your ankle forwards and backwards until you feel a stretch in the back of your leg.
  - a. Should feel stretch in hamstring and calf muscles.
3. Hold for 3 seconds and breathe. Repeat 3 times daily for up to 12-15 repetitions.

### Double Knees to Chest



1. Begin the stretch by lying on your back with both knees bent.
2. Grab the back of both thighs and bring both legs toward your chest.
3. Hold outside of shins for 5 - 10 seconds. Repeat 8 - 10 times