

# Sciatic Stretches

## Summary

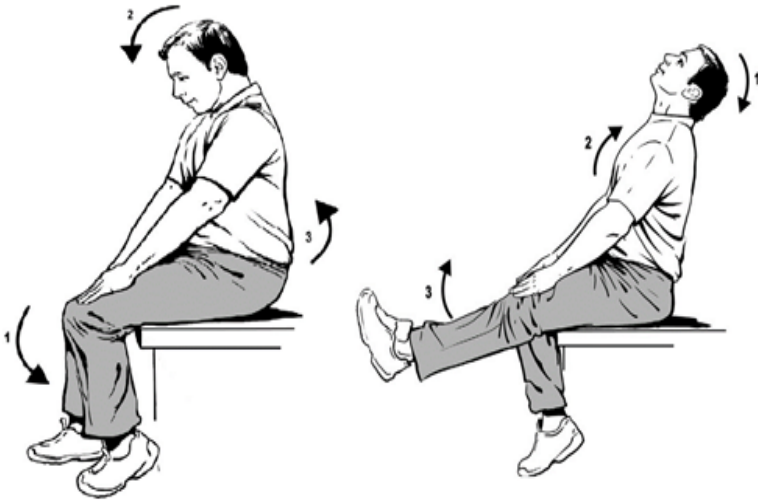
- These exercises aim to stretch and improve mobility of your back and should be performed 2-3 times per day, 4-5 days a week.
- *Aim to complete 3 sets of 10-15 reps as you are able to.*
- *Start with 5-10 reps of each exercise and gradually build this up.*
- *Hold each stretch for 15-30 seconds*
- Regularly perform these exercises to prevent future symptoms. Stay active and avoid static postures.
- In the early stages this exercise *may be painful*, but do not worry this is normal, experience shows that in most cases will get better as a result of the exercise.
- You can take painkillers as advised by a prescribing clinician or pharmacist. Taking them before exercise can help you stay active without causing extra pain.
- Your pain should ease and improvement should be seen within 4-6 weeks and full healing up to 3-6 months after commencing these exercises.

## 1. Glute and lower back stretch



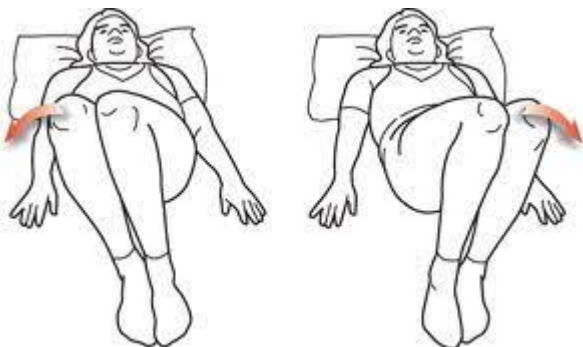
1. While seated, place your right ankle on top of your left knee.
2. Your left foot should be placed on the floor.
3. Gently push your right thigh toward the ground, leaning forward slightly.
4. Hold this stretch for about 15-30 seconds, remembering to breathe throughout.
5. Relax and switch sides.
6. Repeat 5-10x several times a day

## 2. Sciatic stretch



1. Start in a normal sitting position.
2. Slump in your back and neck.
3. Slowly straighten your left knee whilst looking up (stay slumped in your lower back).
4. Slowly reverse the movement and return to normal sitting.
5. Repeat 10-20x throughout the day.

## 3. Lumbar Rotation



1. Lie on your back, with your knees bent and your feet together.
2. Roll your knees to one side, keeping your shoulders flat on the bed or floor, and hold for 15-30 seconds.
3. Roll your knees back to the starting position, and then over to the other side and repeat.
4. Do this exercise 5-10 times on each side.

## 4. Knees to Chest



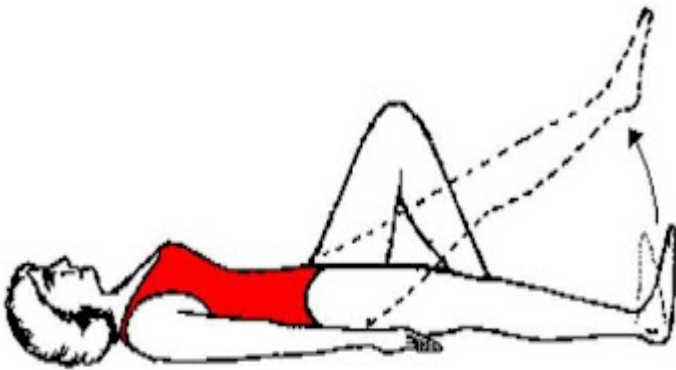
1. Lie on your back, with your knees bent and feet flat on the floor or bed.
2. Bring one knee up and use your hands to pull it gently towards your chest.
3. Hold the leg in position for 15-30 seconds, and then relax.
4. Repeat this exercise with the other knee.
5. Do the exercise 5-10 times on each side.

### 5. Pelvic Tilt



1. Lie down with your knees bent.
2. Tighten your stomach muscles, flattening your back against the floor.
3. Hold for 10-15 seconds and relax.
4. Repeat 5-10 times

### 6. Supine leg rotations



1. Lie on your back with your knees bent and arms out to sides.
2. Straighten one leg out while keeping the other leg bent.
3. On the straight leg, tighten your thigh muscles, pull your toes back and HOLD.
4. Rotate your leg and foot in and out with the hip muscles initiating the movement.
5. Do this for 10-15 seconds.
6. Switch legs and repeat 5-10 times.

\*DO NOT rotate just the foot - the entire leg should be moving in and out while keeping the thigh tight and toes pulled back.

\*Be sure to relax your upper body.