Milton
CHIROPRACTIC
CLINIC
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3 of the Best Exercises for Relief of Sciatic Nerve Pain.

Sciatic nerve pain is often caused by the sciatic nerve being pinched in the lower back. The exercises in this sheet will help with the relief of sciatic nerve pain. When performing these exercises, it is normal to feel some discomfort in the leg. However, you should not feel pain in your back.

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Exercise 1 - Neuro flossing

1 - Sit upright, straighten the affected leg.
2 - Ensure your foot is straight.
3 - Tilt your head backwards.
4 - Hold for 5 seconds.
5 - Bring your head back down.
6 - Bend your knee.
7 - Relax your foot.
8 - Repeat x 10

Complete this exercise twice a day, morning and evening.

Exercise 2 - Stretch for the Sciatic Nerve 1

1 - Sit upright on a flat surface.
2 - Straight legs, straight knee, and toes pointing up.
3 - Knees extended and stretched out,
4 - Place your hands behind your back.
5 - Arch your back.
6 - Hold for 30 seconds.
7 - Make sure everything is nice and tight.
8 - Now slump.
9 - Hold for 30 seconds.
10 - Return to the upright position.

Repeat 2-3 times, morning and evening.

Exercise 3 - Stretch for the Sciatic Nerve 2 (Slump Stretch)

REMEMBER...when performing these exercises, it is normal to feel some discomfort in the leg. However, you should not feel pain in your back.

1 - Again sit upright on a flat surface.

2 - Straight legs, straight knee, and toes pointing up.

3 - Knees extended and stretched out.

4 - Place your hands at the back of your head.

5 - Interlock your fingers.

6 - Place your chin on your chest.

7 - Slump/ Slouch all the way down.

8 - Bring your elbows in tightly.

9 - Hold for 30 seconds.

10 - Return to the upright position.

11 - Elbows out.

Repeat 2-3 times, morning and evening.

Scan to watch the video

Link to video:
https://m.youtube.com/watch? v= WrZ7oGz1JDI&feature=youtu.be

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