

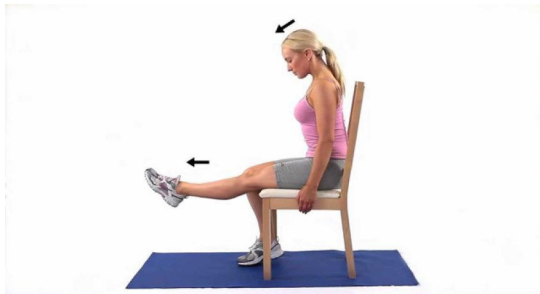
When the sciatic nerve is trapped by the surrounding muscles and bones, it becomes inflamed and stops moving smoothly through the spaces between your bones in what is known as a nerve tunnel. Gliding exercises help to pull the nerve through this tunnel and, therefore, relieve pain and numbness. It is important to perform the gliding exercises slowly and gently to avoid aggravating the sciatic nerve further -- never force the movements and always stop if you feel an increase in pain.

Sciatic Nerve Glide 1 -Acute Pain



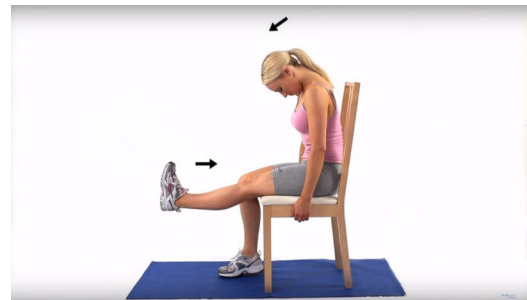
Lie flat on your back, and bend your hip to 90 degrees. Straighten your leg as far as feels comfortable. Bend your ankle forwards and backwards and feel a stretch to the back of the leg (hamstring and calf). You can straighten the leg slightly to make the nerve stretch stronger. Hold 3 seconds and breathe. Repeat up to 3x daily, up to 15 reps.

Sciatic Nerve Glide 2 - Pain Improving



Sit with good posture, and straighten your affected leg. Bend your ankle forwards as you tilt head towards your foot. Hold 3 seconds and breathe. Flex foot backwards to create a stretch to the back of the leg (hamstring and calf) as you tilt your head backwards. Hold 3 seconds and breathe. Repeat up to 3x daily, up to 15 reps.

Sciatic Nerve Glide 3 - Final



Sit with good posture, and straighten your affected leg. Bend your ankle backwards towards you. Hold 3 seconds and breathe. You may also drop your head forwards, and round your posture to create a stronger stretch. You will feel the stretch in the back of the leg (hamstring and calf), and possibly the lower back too. Repeat up to 3x daily, up to 15 reps.

SPINAL CONDITIONING



Cat
Tuck tailbone, arch back, tuck head. Breathe.



Cow
Arch low back, drop soften chest, extend head. Breathe.



Child's Pose
Knees wide, sit back on heels, extend hands forward. Breathe.



Quads
Lay on stomach, bend leg, grab ankle. Keep knee in line with hip.



Hip Rotators
Bend knee, ankle of other leg to bent knee, pull thigh of bent knee towards chest.



Hip & Gluts
Low back straight, one leg straight, other leg bent, spine twist toward bent leg.