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SCIATICA

Home Exercises

Sciatica is a specific type of low back pain; it refers to altered sensation that normally radiates from the low back into the buttocks, hip, and then down the leg into the foot. This can occur in either or both lower extremities. Symptoms usually include pain, numbness, burning and/ or tingling. Sciatica is often a result of injury to a muscle, ligament, bulging/ ruptured disk, or arthritis.

While treating sciatica, one should work on:

- Avoiding positions/ activities that exacerbate pain
- Maintaining proper posture
- Using proper lifting techniques
- Avoiding prolonged sitting or standing
- Performing exercises that increase sciatic nerve and hamstring length
- Performing exercises to increase core strength and add stability to spine

As with all exercises, some soreness is expected. The exercises attached are general guidelines and not meant to be an exhaustive list. Please use your best judgment when starting a home exercise program. If you experience increased pain that continues without any decrease in symptoms, please contact your MD or PT for guidance.

SINGLE KNEE TO CHEST STRETCH - SKTC

While lying on your back, hold your knee and gently pull it up towards your chest.

Repeat 3 Times ***Hold 20 Seconds***

Complete 1 Set ***Perform 2 Times a Day***



HAMSTRING STRETCH WITH TOWEL

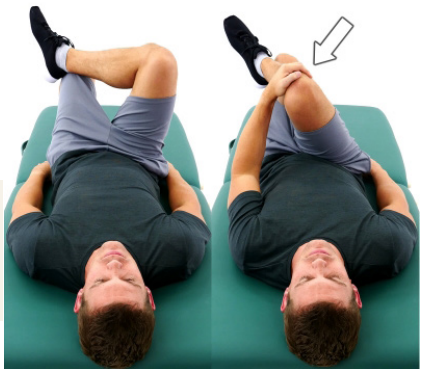


While lying down on your back, hook a towel or strap under your foot and draw up your leg until a stretch is felt along the backside of your leg.

Keep your knee in a straightened position during the stretch.

Repeat 2 Times	***Hold 30 Seconds***
Complete 1 Set	***Perform 2 Times a Day***

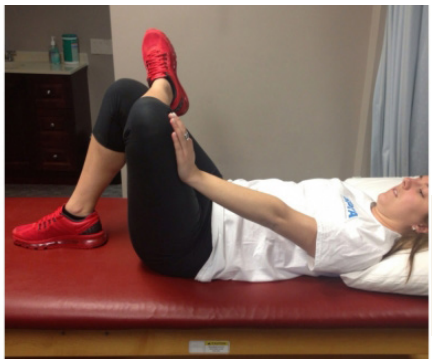
PIRIFORMIS STRETCH MODIFIED 3



While lying on your back and leg crossed on top of your opposite knee, hold your knee with your opposite hand and bring your knee up and over across your midline towards your opposite shoulder for a stretch felt in the buttock.

Repeat 3 Times	***Hold 20 Seconds***
Complete 1 Set	***Perform 2 Times a Day***

PIRIFORMIS STRETCH (Figure Four)



While lying down, bend up one knee keeping the foot on the mat or floor. Bend opposite leg and cross ankle over the bent knee. Gently push inside of crossed leg at knee. You should feel the stretch in the back of the buttock of crossed leg.

Repeat 3 Times	***Hold 15 Seconds***
Complete 1 Set	***Perform 2 Times a Day***

LOWER TRUNK ROTATIONS - LTR - WIG WAGS



Lying on your back with your knees bent, gently rotate your spine as you move your knees to the side and then reverse directions and move your knees to the other side. Repeat as you move through a comfortable range of motion.

Repeat 20 Times	***Hold 1 Second***
Complete 1 Set	***Perform 1 Times a Day***

SCIATIC NERVE GLIDE - SUPINE

Start by lying on your back and holding the back of your knee. Next, attempt to straighten your knee. Lastly, hold this position and then bend your ankle forward and back as shown.



Repeat 10 Times ***Hold 3 Seconds***

Complete 2 Sets ***Perform 2 Times a Day***

DOUBLE KNEE TO CHEST STRETCH - DKTC

While lying on your back, hold your knees and gently pull them up towards your chest.



Repeat 5 Times ***Hold 10 Seconds***

Complete 1 Set ***Perform 2 Times a Day***