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SEPTEMBER 21, 2022



# 20

## EXERCISES

# SCIATICA SAVIOUR



## 1 "KNEE HUGS" HIP/LUMBAR EXTENSORS STRETCH, SINGLE LEG, SUPINE; 02

1 SET / 4 REPS / 15 S HOLD



- Lie on your back with your legs straight.
- Hug the knee of the affected leg into your chest as far as you can go comfortably.
- Pull the knee in towards the midline of your body to increase this stretch.

## 2 "KNEE HUGS" HIP/LUMBAR EXTENSORS STRETCH (BILATERAL), SUPINE; 02

1 SET / 4 REPS / 15 S HOLD



- Lie on your back.
- Draw one foot up and then the other.
- Bring one knee in towards your chest and then the other, using your hands for assistance to curl yourself in to a ball.

## 3 "CAT AND CAMEL" TRUNK FLEXION/EXTENSION AROM, QUADRUPED; 01

3 SETS / 25 REPS / 1 S HOLD



- Start on your hands and knees with your back in a neutral position.
- Arch your back, lifting your head up and pushing your tail bone out, making a dish with your spine.
- Hold this position.
- Next, bend your back up by tucking your head and tail bone in and pulling your belly button in towards your spine, making a curve through your back.
- Hold this position, and then repeat.

## 4 "BIRD DOG" CORE/ABDOMINAL STABILIZATION; 01

3 SETS / 25 REPS



- Start on your hands and knees, with your hands under your shoulders and knees under your hips.
- Tighten the abdominal core muscles.
- Extend the opposite leg and the opposite arm simultaneously, making sure you maintain good control in your torso.
- Do not allow your body or hips to rotate.
- Repeat on the other side.

## 5 "PRONE PRESS UP" TRUNK EXTENSION PASSIVE; 01

3 SETS / 25 REPS / 1 S HOLD



- Start face down on a mat.
- Bend the elbows and bring your hands under your shoulders.
- Push your upper body up into an extended position.
- Keep your hips and thighs on the floor at all times.
- Squeeze the buttock muscles throughout the duration of this exercise.
- Hold this position.

## 6 HIP/PELVIS/LUMBAR LATERAL SHIFT, IN STANDING ARM 90/90 ON WALL; 01

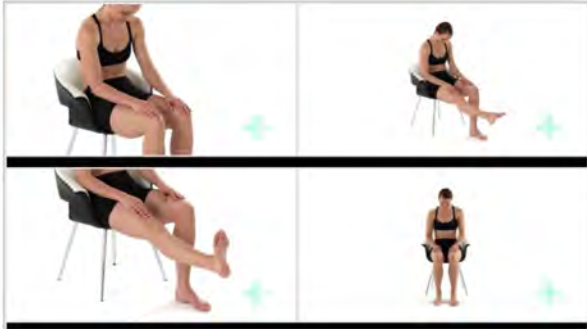
3 SETS / 25 REPS / 1 S HOLD



- Stand up straight sideways to a wall.
- Place one arm high up on the wall and the other on your hip.
- You may find it helpful to perform this movement in front of a mirror.
- Using your hands as a guide, move your hips towards the wall, ensuring you do not bend away in the other direction with your body.
- Your pelvis and shoulders should remain level, with your head and chest directly above your feet.
- Hold this position before you return to the starting position.

## 7 'NEURODYNAMICS' SCIATIC NERVE, SLUMP SITTING - LIFT TOES

1 SET / 10 REPS



- Sit in a chair.
- Round your back and lower your head so your weight is down through your tail bone.
- Slowly begin to straighten your affected leg out until you reach the point of tension in the nerve.
- Do not push any further than this point.
- Holding your knee in this position, raise your head up whilst moving your toes in towards you, then lower your head back down and point your toes as you do so.
- Perform the movement fluidly.

## 8 CARDIOVASCULAR WORKOUT, STATIONARY CYCLE SPIN BIKE

1 SET / 1 REP / 30 MIN DURATION / 80 BPM / 1 REP



- Adjust the bike seat and settings as required and commence cycling.
- Please consult your practitioner for how long you can use the bike and at what interval

## 9 "BRIDGE" CORE/GLUTEALS STRENGTHENING, WITH BAND; 01

3 SETS / 25 REPS



- Place a resistance band loop around both thighs, just above your knees.
- Lie on your back with your knees bent and feet flat on the floor.
- Place legs hips-width apart so that there is tension in the band.
- Raise your hips up into a bridge, keeping the knees hips-width apart.
- Control the movement back down to the start position, maintaining constant tension on the band

## 10 "PLANK (LOW)" CORE/SCAPULAR STRENGTHENING ISOMETRIC; 01

2 SETS / 5 REPS / 30 S HOLD



- Lie on your front with your toes on the floor.
- Place your forearms on the floor and push up, lifting your torso and legs.
- Hold a straight line from your shoulders to your feet for as long as you can, preventing the back from sagging. Keep your buttocks squeezed and your hips level.
- You will feel the core muscles working.

## 11 ILIOPSOAS STRETCH, OPPOSITE LEG FLEXED, SUPINE; 02

1 SET / 4 REPS / 15 S HOLD



- Lie on your back at end of the bed.
- Pull your unaffected knee in towards your chest.
- The leg to be stretched should hang over the edge of the bed. Ensure your back is flat down on the bed.
- You should feel the stretch at the front of your hip and thigh.
- Hold this position.

## 12 HAMSTRING STRETCH ON WALL/ DOORWAY

2 SETS / 4 REPS / 15 S HOLD



- Standing in a doorway, or corner of the wall, slide buttock close to the wall.
- Extend one leg straight until you feel a pull in the back of your leg

## 13 SACROILIAC JOINT SELF-MOBILIZATION, SHIFTING SIDE-TO-SIDE, CHILD'S POSE POSITION

1 SET / 4 REPS / 15 S HOLD



- From the neutral position, tuck the pelvis in pulling gently through the tummy to flex the spine.
- Push through the shoulder blades, look at your belly button, then gradually bend the knees to sit down on your heels.
- In this position gradually rock over one leg and over the other.
- Use your breathing to find the best rhythm.
- Exhale as you reach over to one side and inhale as you come back to the centre.
- Coming back to neutral position, inhale and push your shins into the floor to come back up to the start position

## 14 CORE/PELVIC FLOOR AND MULTIFIDUS ACTIVATION, LEANING FORWARD, STANDING

1 SET / 10 REPS / 10 S HOLD



- Stand with your hands on your lower back, about a centimetre out from the ridge of your spine. Engage your pelvic floor and stomach muscles.
- Gently lean forward, transferring your weight to the balls of your feet as though peering over a cliff. Your whole body should tilt forwards in a straight line.
- You should feel your lower back muscles tense.
- Continue to breathe into your lower ribcage throughout.
- Return to the starting position.

## 15 TRANSVERSUS ABDOMINUS IN HOOK LYING

1 SET / 10 REPS / 10 S HOLD



- Lie on your back with your knees bent and your feet flat on the floor.
- Place your hands on your lower tummy just inside your hip bones.
- Gently tighten your tummy muscles, pulling your belly button in towards your spine. You should feel your back flat on to the floor.
- Do not hold your breath.
- Relax and repeat.

## 16 "FIGURE 4" PIRIFORMIS/GLUTEALS STRETCH, SUPINE, FOOT ON WALL; 01

1 SET / 4 REPS / 15 S HOLD



- Lie on your back with your feet facing a wall.
- Bend your unaffected leg and place your foot on the wall
- Bend your affected leg and place the outside of your ankle just above your unaffected knee. Allow your knee to relax outwards.
- Move your body towards the wall until you feel a stretch in your buttock, and then hold this position.
- It may become easier, so move further into the wall.

## 17 PIRIFORMIS/GLUTEALS STRETCH, CROSS BODY, SUPINE; 01

1 SET / 4 REPS / 15 S HOLD



- Lie on your back in a comfortable position.
- Now, bring one knee up towards your opposite shoulder.
- You should feel a comfortable stretch, not pain, in your deep buttock muscles.
- To increase the stretch, push your flexed hip gently downwards.
- Maintain this position for 15 seconds.

## 18 GLUTEALS FOAM ROLLING, SITTING

1 SET / 4 REPS / 10 S HOLD



- Place a foam roller on the floor and position your affected buttock on the roller.
- Using your arms, move your buttock forwards and backwards over the roller.
- You can vary the amount of pressure through your gluteal region by changing the amount of weight you place through your arms.
- When you find a particularly tender area, hold this position, increasing the pressure through the roller.

## 19 "CLAMSHELL" HIP EXTERNAL ROTATION STRENGTHENING, WITH BAND; 02

3 SETS / 25 REPS



- Lie on your side and place a band above your knees, approximately an inch or two above the knee joint. Bend your legs a little, keeping the feet in line with your back.
- Use your core stability muscles to keep the body stable.
- Keeping your feet together, lift the top knee up against the resistance of the band.
- Ensure you stay on your side and do not roll your hips and your body back with the movement.
- Lower the knee back down, controlling the resistance.

## 20 CORE STABILIZATION, LIFTING OPPOSITE ARM AND LEG, PRONE; 02

3 SETS / 25 REPS / 1 S HOLD



- Alternate arm and leg raises strengthen your back muscles and to help with your posture.
- Lie on your front with your legs straight and your arms stretched out above you.
- Rest your head to one side or rest your chin on a pillow.
- Gently tighten your stomach muscles, then raise one leg up straight off the floor.
- Your leg will only lift a few inches.
- Lower this leg and repeat with the other leg.
- Next, raise the leg up off the floor whilst simultaneously lifting the opposite arm just a little.
- Hold this position, and control the movement as you lower it back down then and repeat with the other opposite arm and leg.

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