

A woman with blonde hair, wearing a pink sports top and grey leggings, is sitting on a pink mat and stretching her leg. She is looking down at her leg. The background is a blurred indoor setting.

YOU CAN STOP SCIATICA PAIN

5

**SIMPLE EXERCISES
FOR SCIATICA RELIEF**

Easy To Use Mobile Download

What Is Sciatica?

If you have changes in your posture, muscle strength or pelvic alignment, the sciatic nerve can become compressed, leading to common low back and radiating leg pain.

Common facts about sciatica...

- The sciatic nerve is the longest and largest nerve in your body
- It can be irritated anywhere along its path down your leg
- Pain is felt in the base of your spine, buttocks, thigh, or leg
- Sciatic pain can vary from infrequent, to constant
- Symptoms are based on the location of the pinched nerve

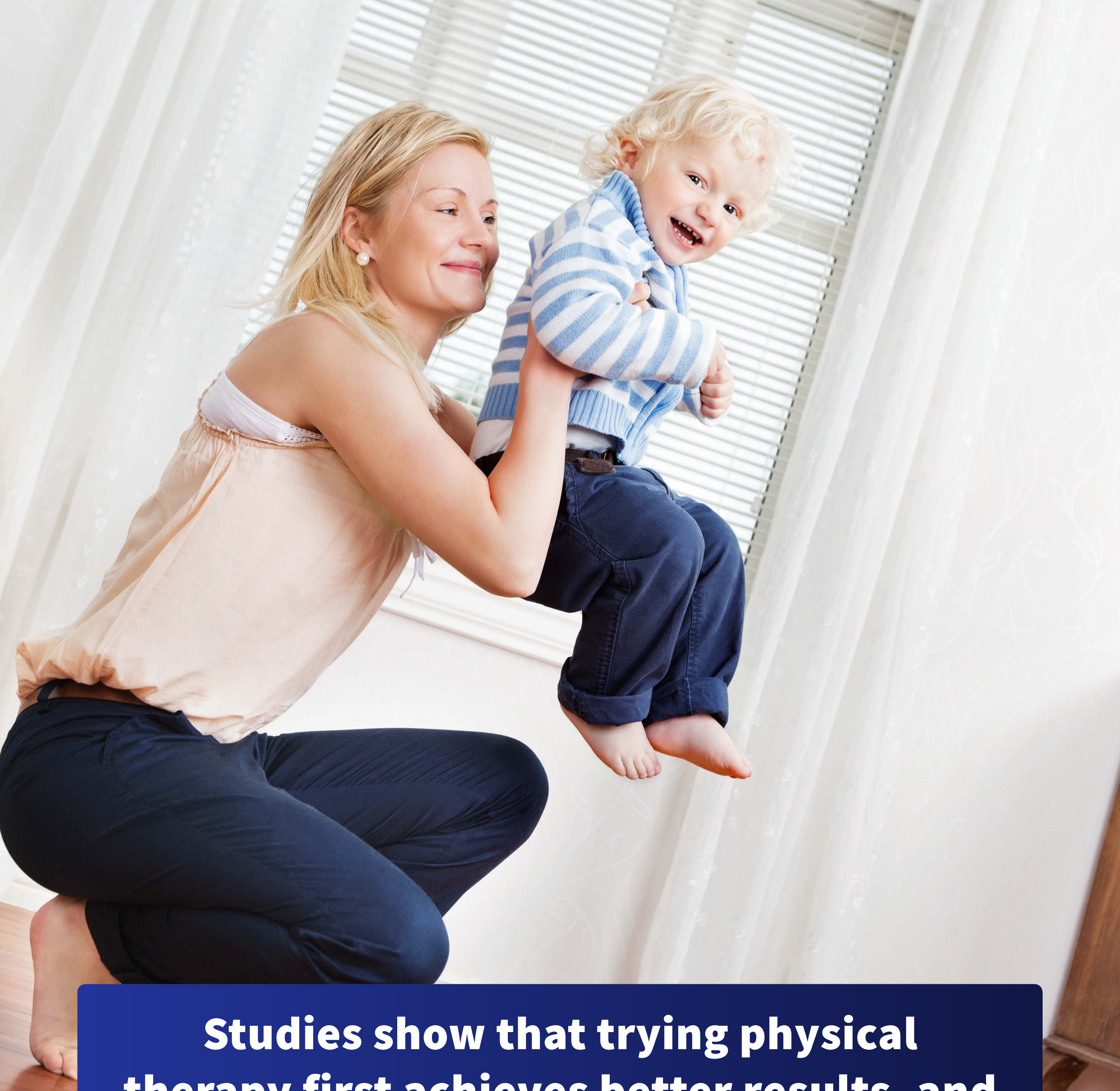
Common symptoms of sciatica...

- Constant pain in only one side of your buttock, low back, or leg (rarely in both your legs)
- You have pain that is worse when sitting
- You have leg pain that is often described as burning, tingling, or searing (versus a dull ache)
- You notice weakness, numbness, or difficulty moving your leg, foot, and/or toes
- You feel a sharp pain when standing up, or walking
- You have pain that radiates down the leg and possibly into the foot and toes (it rarely occurs only in the foot)

There are very effective and natural ways to stop sciatica pain, the most being physical therapy. **Read on to learn you can do to start the path to recovery.**

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SIMPLE EXERCISES FOR SCIATICA RELIEF



Studies show that trying physical therapy first achieves better results, and reduces medical costs

You should always try physical therapy first with a certified physical therapist, before trying other aggressive medical procedures for your sciatica or back pain.

In the rare instance that more invasive procedures are required, physical therapy is an important part of your recovery, and helps you return to work, play and living a pain-free life.

5 SIMPLE EXERCISES FOR SCIATICA RELIEF

SCROLL DOWN FOR YOUR EXERCISES

Seated Piriformis Stretch



Preparation:

Sit in a chair with good posture.

Execution:

Cross the ankle of the leg you want to stretch overtop of your opposite knee. Lean your trunk slowly forwards until you feel a stretch. Hold for 30 seconds, do 3 each side.

Iliopsoas Stretch



Preparation:

Kneel on the ground, uninvolvement leg forwards. Place your hands on your hips. Tuck your tailbone under (flattening your lower back).

Execution:

Lean forwards, while maintaining straight posture and keeping your head up. Avoid arching your low back or let your hips roll forwards. Hold 20 seconds, repeat 3 times each side.

Adductor Stretch (Wall)



Preparation:

Lie on your back, feet on wall as shown.

Execution:

Press knees out gently.

Hip Hike / Step



Preparation:

Stand on the edge of a step.

Execution:

Drop your free foot down. Now shift your hips to raise your free foot as high as you can. Keep your knees straight at all times. Try 10 times each side.

SLR Dural Mobility / Knee



Preparation:

Lay on back with leg elevated. Bend one hip and knee to 90 degrees.

Execution:

Straighten your knee. At the same time bend your foot up until you feel a gentle stretch, hold 5 seconds. Bend your knee back down.



CHOOSE PHYSICAL THERAPY FIRST

The Most Cost Effective and Complete Natural Treatment For Quick and Natural Sciatica Relief

- Our physical therapists are medical experts with years of training
- We evaluate your back problem, finding the root cause of your sciatica
- An individualized treatment plan is created to guide you through the recovery process and maximize your success.
- Our friendly and knowledgeable therapists spend time with you
- You learn specific exercises that relieve pain, and restore strength
- Specialized, hands-on therapy gently loosens tight muscles and joints in your spine, hips and legs
- Your range of motion and flexibility are restored
- Cutting-edge treatments are doctor recommended

You have made one good step in educating yourself on what can be done to naturally relieve your pain. Think physical therapy first when it comes to relieving your pain and returning to the activities you love.

Call us today to speak with one of our expert physical therapists. Discover the simple actions you can take, to quickly relieve your sciatica!