

## SCIATICA SOOTHER PHASE 1

### SCIATICA PHASE 1 PROTOCOL



#### Exercise 1: Cat/Camel

**Sets: 3 | Reps: 10 | Time: - | Rest: 30 sec | Freq: Daily**

**Start:** Begin on floor on hands and knees. Hips should be above knees and shoulders above hands. Attain a straight spine position.

**Movement :** Round your back upward, stretching mid-back between the shoulder blades. Relax and let your stomach fall downward as you arch your back. Hold each position 3-5 seconds and repeat for prescribed repetitions and sets.



#### Exercise 2: Piriformis Figure 4

**Sets: 1 | Reps: 3 | Time: 30 sec | Rest: - | Freq: Daily**

**Start:** Begin lying on back. Cross one leg over other, placing ankle on opposite thigh above knee.

**Movement :** Grasp uncrossed leg under thigh and gently pull toward chest. A stretch in hip of crossed leg should be felt. Hold for 20-30 seconds and repeat for prescribed repetitions. Alternate sides as directed.



#### Exercise 3: Lower Trunk Rotation Stretch

**Sets: 1 | Reps: 3 | Time: 30 sec | Rest: - | Freq: Daily**

**Start:** Begin lying on back, knees bent with feet flat on floor. Arms should be extended to side.

**Movement :** While maintaining shoulder to floor contact, gently roll knees to one side. Hold for 20- 30 seconds or prescribed duration. Return to start position. Then repeat on opposite side. Repeat for prescribed repetitions and sets.



#### Exercise 4: Low Back Pelvic Rocking

**Sets: 1 | Reps: 3 | Time: 30sec | Rest: - | Freq: Daily**

**Start:** Position yourself lying on back with feet flat on floor. Lift one knee, grasping with hand then other knee grasping with hand.

**Movement :** Gently pull knees toward chest 2-3 inches. Do not pull knees all the way to chest. Perform a gentle rocking motioning the lumbosacral region. Repeat for recommended repetitions and sets.



#### Exercise 5: Piriformis Mobility Ball Myofascial Release

**Sets: 1 | Reps: 3 | Time: 60 sec | Rest: 30 sec | Freq: Daily**

**Start:** In a seated position on the floor, place a mobility or yoga ball under the mid-upper glute region.

**Movement :** Round your back upward, stretching mid-back between the shoulder blades. Relax and let your stomach fall downward as you arch your back. Hold each position 3-5 seconds and repeat for prescribed repetitions and sets.

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#### Exercise 6: Standing Quadricep Stretch

**Sets: 1 | Reps: 3 | Time: 30sec | Rest: 30sec | Freq: Daily**

**Start:** Begin standing. Grasp chair or wall with one hand for support while flexing same side knee by grasping foot or ankle. Maintain a neutral pelvis position. Keep knees side by side not allowing bent knee to move forward of other side. This stretch may also be performed grasping foot with same side hand.

**Movement :** Gently pull heel toward buttock until gentle stretch is felt in front of thigh. Hold for 20-30 seconds and repeat for prescribed repetitions. Alternate sides as directed.

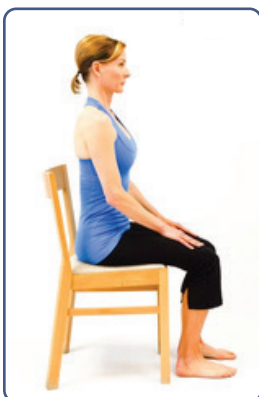


#### Exercise 7: McKenzie Standing Low Back Extension

**Sets: 1 | Reps: 3 | Time: - | Rest: 30sec | Freq: Daily**

**Start:** Stand with your feet hip-width apart and your hands on your lower back.

**Movement :** From this position lift your chest and lean back. Hold this position for 20 to 30 seconds before relaxing and repeating.



#### Exercise 8: Proper Sitting Posture

**Sets: - | Reps: - | Time: - | Rest: - | Freq: -**

**Start:** Position yourself upright in a chair with feet flat on the floor. Sit upright with slight arch in the low back, shoulders back and head in alignment with shoulders.

**Movement :** Activate core muscles. Attempt to sit upright for 5 minutes while holding abdominal bracing contraction for 30 seconds at a time. Head, shoulders and hips should be in alignment.