

SCIATICA STRETCHES

Most people do not suffer from sciatica. Instead, they experience referred pain from the low back into the legs often felt as an ache, numbness or tingling. True sciatica is quite rare. It is the result of pinching of the large sciatic nerve, which is the congregation of the lumbar and sacral spinal nerves. The sciatic nerve runs down the back of the thigh into the leg and foot. The lumbar bones and surrounding soft tissue compress the nerve to cause the “classic” sciatic pain. The pain can be felt in any of the regions where the nerve travels. It feels like an electrical shock down the legs. See your chiropractor to see if you have true sciatica. If you do, we suggest you use extreme caution when stretching, as it may aggravate your condition if done at the wrong time or too quickly. You can always begin with the stretches that provide relief and ignore the ones that aggravate your condition.

The “Super Six Rules” to Stretching Successfully:

- 1 • Warm up (Walk on the spot for 1 to 5 minutes)
- 2 • Hold each stretch one repetition for 30 seconds
- 3 • Do not bounce (Hold in Comfortable position)
- 4 • Be Gentle (No Pain)
- 5 • Breathe Deeply
- 6 • Stretch both sides equally



Side of Buttock Stretch



Side of Spine Stretch



Spinal Twist Stretch



Hamstring Stretch to Bench



Thigh Stretch



Hip Flexor/Psoas Stretch



Hip Flexor Stretch



Inner Thigh Stretch

Note: We strongly suggest that those who suffer from 'true' sciatica avoid extreme low back extension stretches as these are likely to cause further nerve compression.



**Full Body
Stretch**



**Lower Back/
Buttock Stretch**



**Buttock
Stretch**



**Back Flexion
Stretch**



**Back Extension
Stretch**



**Pelvic Tilt
Stretch**

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