

Exercise Prescription: Sciatic Nerve Flossing

Purpose of Exercise:

Many people struggle with chronic sciatica, lower back pain, and hamstring “tightness.” Often times the culprit is sciatic nerve tension. When the nerve doesn’t slide properly it causes problems.

Starting Position:

Sitting on a chair/bed. Extend your head backward, flex the affected knee, and point the toes on the affected side.

Exercise Description:

1. Gliding the nerve downward: From the starting position, extend your knee and flex your toes upward.
2. Gliding the nerve upward: From the starting position, flex your neck, bringing your chin toward your chest.

You may complete either step 1 or step 2, but the most effective way to complete this exercise is to alternate between both of these movements.

Complete 20-30 repetitions daily until less pain/tension is felt in the leg.

Note: Do not do step 1 and 2 at the same time, this pulls on the nerve from both ends and can exacerbate the pain.

Pictures:

