

# 3 Stretches for Roaring Sciatica Pain

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*Do you suffer from a deep, nagging pain down your leg? Or suffer from low back pain that can sometimes radiates to your backside?*

*Approximately 39% of adults in the US report suffering from low back pain, according to the CDC in 2019. Sciatica is commonly referenced when determining the cause of back pain.*

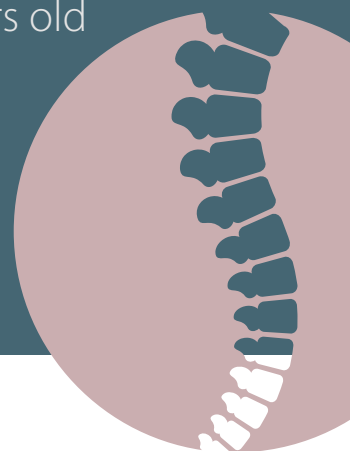
## What is Sciatica and what causes it?

The sciatic nerve and a sleeping lion have much in common, quiet, and calm unless provoked; and once that lion or sciatic nerve are provoked, you hear (or feel) their roar!

The term sciatica refers to the symptoms correlated with the sciatic nerve! The Sciatic Nerve is the largest nerve in the body and regulates many structures. This nerve runs from the lower back/lumbar spine coursing through large muscles such as the glutes and hamstrings, goes behind the knee then splits before continuing all the way down to the feet. If this long, thick nerve is irritated or compressed, nerve symptoms can present as burning, tingling, pins and needles, or dull, deep achy pain that can range from mild to severe and constant to intermittent in nature. Normally, sciatic symptoms will be seen on one side of the body (unilaterally) as opposed to occurring in both legs.

## Common Risk Factors

- Low Back or spinal Injury
- Pregnancy
- Sedentary lifestyle
- High BMI
- Occupation with frequent heavy lifting, bending, or twisting.
- Diabetes
- Osteoarthritis
- Males between ages of 30 and 50 years old





# Lower Back Pain and Sciatica Stretches

Due to the sciatic nerve being so large and affecting a large portion of the body, there are many potential causes that can contribute to sciatica's radiating pain/symptoms, making it challenging to pinpoint the source of the sciatic nerve pain or relieve those symptoms without consulting a medical professional or physical therapist.

*If you feel any sharp pain or exercises are making symptoms increase/worse, stop and consult your medical professional.*



## SCIATIC NERVE GLIDE - SUPINE

1. Start lying on your back with knee and hip pulled up to 90 degrees, shin parallel with floor as you hold behind your knee. Keep foot relaxed as you straighten the knee as much as you can until you feel a pull through the leg, then bend it back to starting position 10x
2. Hold behind knee, Keeping knee straight. Flex your foot back towards your face until you feel a pull through the leg, then point the foot away 10x

Repeat 10 times, hold 2 seconds, complete 2 sets

## PIRIFORMIS STRETCH

1. While lying on your back with both knee bent, cross your affected leg on the other knee.
2. Next, hold your unaffected thigh and pull it up towards your chest until a stretch is felt in the buttock.

Repeat 3 times, hold 30 seconds, complete 1 set



## PRONE ON ELBOWS/ Lumbar Extension

1.Lie on stomach and slowly press up on your elbows. Hold and exhale 3-5 seconds. Relax stomach, lower back, and glutes as you exhale and hold position.

2. Slowly lower yourself and repeat.

\*\*Progression: Once prone on elbows is pain free, raise chest up by pushing hands into ground.

Repeat 10 times, hold 5 seconds, complete 3 set



# Sources

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