

# I HAVE SOME EXTRA CUSHION WORKOUT WITH SCIATICA

## LEG SWINGS WITH NERVE GLIDE

Stand tall and hold onto something sturdy. You will stand on one leg then start to swing the other. Don't think about going as high or far back as you can but rather swinging until you feel a pull in the front and back of your leg. Think about making your leg like a pendulum. As you swing your leg in front of you pull back your ankle/toes towards your face at the end of the swing. At that moment you will feel a big stretch in your calf or hamstring.

**Dosage:** 20 repetitions on each side

**Tip:**

The taller you are the better. It's not about range of motion but rather loosening up the nerve with movement.

This is an underrated exercise to improve nerve health and function. It will seem like you are warming up for track but trust me, it's setting you up for success.

Do this workout 2-3/wk for 4 weeks



## SINGLE LEG ROMANIAN DEADLIFT

Start standing on one leg then keep that leg fairly straight as you reach down towards that foot with the other hand. For example, if you are standing on your right leg you will reach down towards your right foot with your left hand. You want to focus on keeping your leg and back fairly straight as you bend over.

**Dosage:** 10 on each leg

**Tip:** Ideally, you want to feel a large stretch in the back of the stance leg. This can be hard to get the first few times trying it. Try not to open up your hips as you reach down towards your foot. I like to think about reaching towards the foot on the ground and keeping my back very straight. You are doing it correctly if you feel a large stretch and you are not going down that far.





# SUSPENSION TRAINER SQUAT

Start by grabbing the handles and taking a step back. With both about shoulder width apart, lean back while gripping the handles. Once you are leaning back perform the squat. Your arms will have a slight bend in them the entire time. Think about going down to the ground not sticking your butt out.

**Dosage:** 2 sets of 20 repetitions

Tip: The deeper you go the more it works your hips and lower back. As you get comfortable go lower. You can vary the depth and angle of your body for a greater challenge.



# SUSPENSION TRAINER LUNGE

While holding onto the suspension trainer you want to take a large step back with one foot. Then bend both knees in a lunge position. Once you dip the back leg as far as you can tolerate, return to the starting position with both feet together. Alternate legs as you complete the lunge

**Dosage:** 2 sets of 20 total repetitions

Tip: Make sure to keep some bend in your arms and keep a tall body





# SUSPENSION TRAINER FALL OUT

Face away from the door and hold the hands at your side. Your feet will be close to the door or wall. Then keep your arms straight and then as your arms raise to shoulder height and above lean your body forward. As you lean forwards you will feel your shoulders and core activate.

**Dosage:** 5 repetitions 10 second holds

Tip: You don't have to go that far to start to feel it. Don't go further than you feel comfortable. If you have any shoulder pain, limit how far your arms go up.

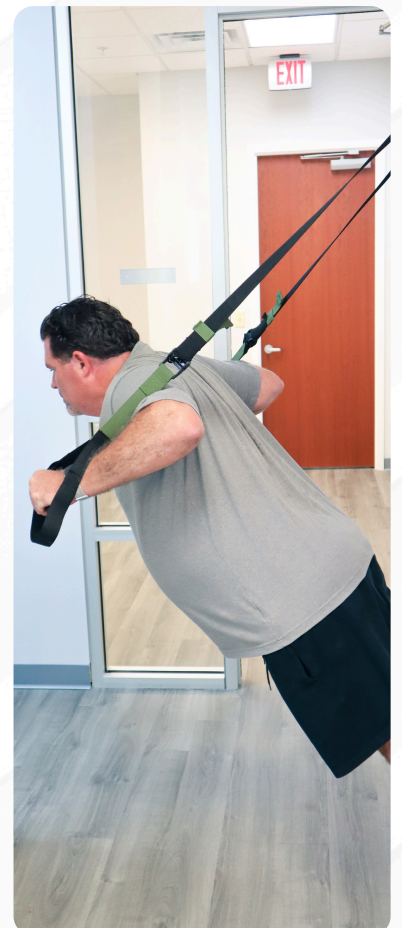


# SUSPENSION TRAINER PUSH UP

Lengthen the suspension trainer straps. The longer they are, the harder the push up will be. Keep your heels closer to the door. Then move your hands under your shoulders and bend your elbows completing a push up movement. Make sure to turn your hands out slightly.

**Dosage:** 2 Sets of 12 repetitions

Tip: The deeper into the push up the more you will feel it in your chest. Make sure to keep your abs contracted throughout the movement.





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