

OLDER ADULT WORKOUT FOR SCIATICA WITHOUT GETTING ON THE FLOOR

If you are feeling a bit stiff because you have celebrated a few birthdays then this workout may be for you!

SEATED LUMBAR FLEXION

Sit on a chair or bench. Spread your feet and begin to reach to the ground. You should feel a stretch in your lower back. This should cause zero pain down the leg but you may feel a good pull in your back or hips.

Dosage: 3 repetitions for a 10 second hold

Tip: Try different angles based on the side that has pain.

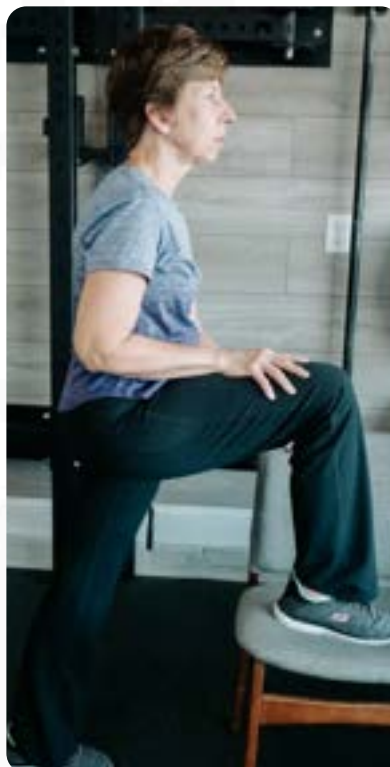


STANDING HIP FLEXOR STRETCH USING CHAIR

Grab a sturdy chair to place your foot on and hold for support. This isn't a balance exercise, so make sure you feel steady. The goal is to stretch the front of your back leg. Shift your weight forward until you feel the stretch, then shift back. Stop if you feel any back pain.

Dosage: 10 repetitions of 5 second holds on each leg

Tip: The heel on the ground will come up. Don't force it to stay down.



STANDING L STRETCH

This is for the lower back of the legs and lower back. You should have zero pain in your legs with this. Make sure to grab something sturdy, such as a countertop or chair. Step your feet back and begin to bend over and bring your chest towards the ground.

Dosage: 2 repetitions for a 10 second hold

Tip: If you think about poking your butt and getting your legs straight the greater stretch you will feel. If you feel this in your shoulders that is okay as well. If it hurts in your shoulders just drop an arm.

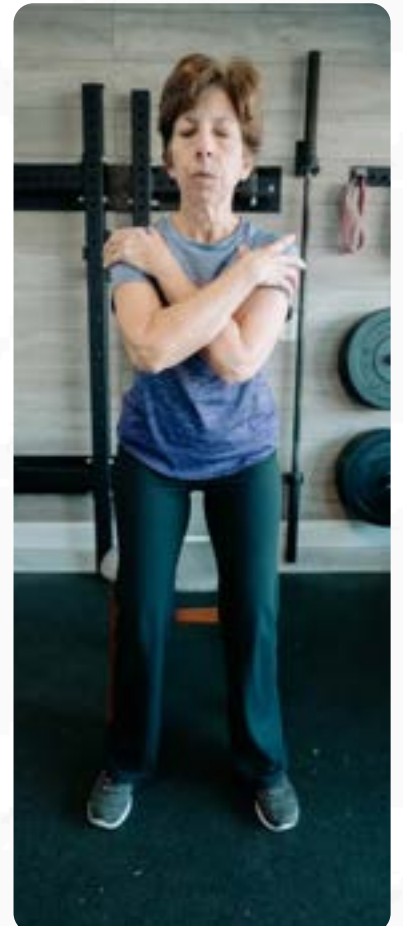


CHAIR SQUAT

Sit near the edge of a firm chair. Then cross your arms and stand up. You can rock for momentum if you need to. Stand up tall and try to think about squeezing your butt as you stand up.

Dosage: 2 sets of 15 total repetitions

Tip: The lower the chair the harder it is. Try to pick one that you can be successful in completing the squat.

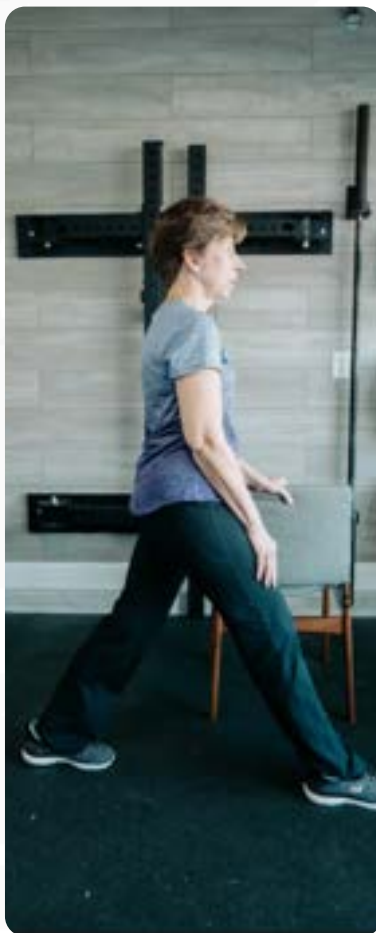


LUNGE USING CHAIR

Stand with your feet together and next to something you can use to assist with balance, if needed. That can be the countertop or chair. Take a large step backward, then dip your back knee down toward the ground. Both knees will bend. Once you dip to the distance you feel comfortable, come back to the starting position (both feet back together).

Dosage: 2 sets of 10 repetitions on each side

Tip: You want to feel the burn in your legs. If you have any back pain or leg pain then rest until it stops and start again. The bigger step back the harder it is.



LATERAL LUNGE USING CHAIR

Start by gripping the chair facing the back of it. Then you will take a large step to the side and bend that knee. If you are lunging to the right then you will bend the right knee and keep the left knee straight. You will be leaning back and sticking your butt out. Then push back with that leg to the starting position. You will alternate sides.

Dosage: 2 sets of 10 repetitions each side

Tip: The more you lean forward as you lunge the more your glutes will work and you will have a chance of back or leg pain.



ROMANIAN DEADLIFT WITH CHAIR

Start next to the back of the chair or something sturdy. Then you will stand tall and hold on with one hand. If you are holding on with your left hand then you will stand on your left leg and reach down with your right arm towards the other foot. You will keep both legs straight. You will feel your hamstrings and glutes work. Reach until you feel a stretch and no further.

Dosage: 8 repetitions on each side

Tip: More range isn't better. Focus on feeling your muscles working.



Find more resources
on our blog!



YouTube channel
and more workouts!



REVISION
HEALTH SERVICES
CONCERGE PHYSICAL THERAPY AND WELLNESS