

# SCIATICA AND LOWER BACK PAIN WORKOUT 3/WEEK

## 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. Continue on the same side.

### **Dosage:**

20 repetitions on each side

Tip: Focus on standing tall. It's a fluid movement and you should feel a good stretch when you pull your toes back. The taller you are the better. It's about 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 in regards to your nerves.



## PRONE PRESS UP

Lie on your stomach and place your hands just outside your shoulders but near the same level. Gently press up and feel the pressure into your lower back.

**Dosage:** 8 Repetitions 5 second hold

Tips: If you can't do this on your hands, then just try on your elbows. It's still working. You can also experiment with the position of your hands so that you feel greater pressure into your lower back when you press up. If you feel a zinger or pain into the leg, then stop. Try pressing up with a lower range of motion.



# SIDE STEPS WITH BAND

You can find example looped bands here

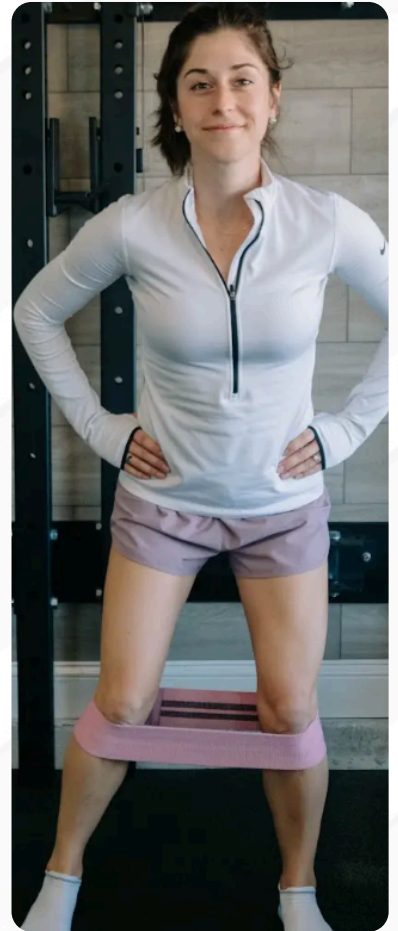


Start with the easier band, often yellow. Place the band just below your knee caps. Then assume a sport-ready position. Then take a small step to the side and have the other foot follow. You do not have to have your feet touch between reps. Keep some tension in the band and then continue stepping to the side.

## **Dosage:**

2 sets of 20 total repetitions

Tip: If you have any discomfort, try to stand up taller or take smaller steps. Your glutes will burn and that is a good thing!



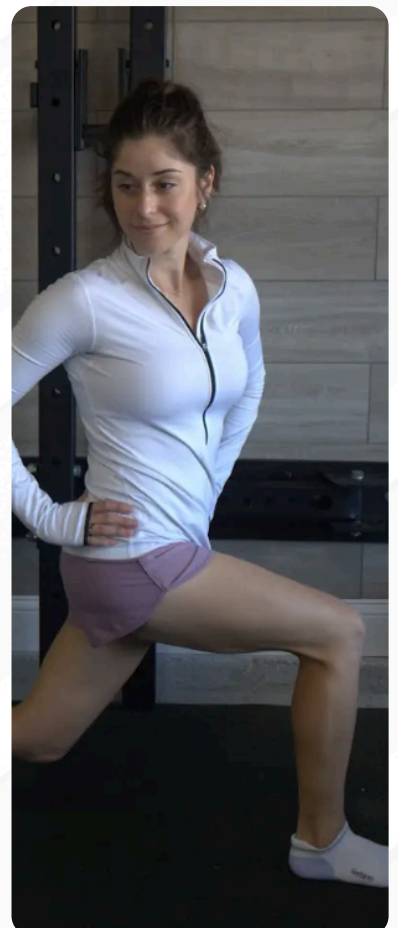
# WALKING LUNGES WITH ROTATION

Start standing, take a large step forward, dip the back leg, rotate your trunk towards the front leg and then step the back leg forward. You want to stay tall with your body and the goal isn't to have the back leg touch the ground. It's to feel a large stretch in the back leg and feel the front leg working.

## **Dosage:**

2 sets of 20 total repetitions

Tip: You don't have to do this walking; you can do it in one place if you're struggling with balance.





# 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 your back very straight. You are doing it correctly if you feel a large stretch and you are not going down that far.



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