

SCIATICA AND LOWER BACK PAIN WORKOUT ADVANCED 2/WEEK

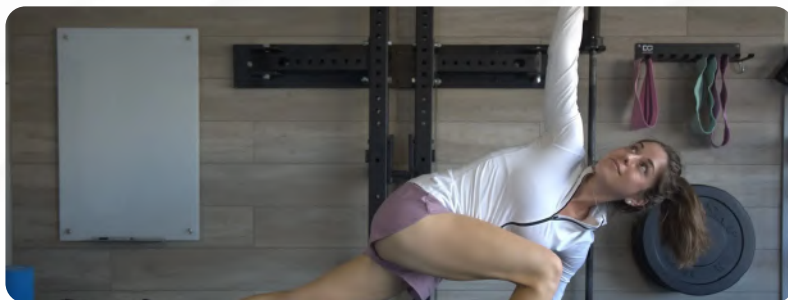
WORLD'S GREATEST STRETCH (WGS)

Just as it sounds, it's the greatest. This stretch targets your legs, hips, and spine. You will start in a plank. Then you swing up one leg so that your foot is near your hand. You will then lift the hand that the foot is near and open up and rotate towards the ceiling. Make sure to turn your head and rotate until you feel a stretch or restriction in your upper back, lower back or hips.

Dosage:

5 repetitions on each side

Tip: It's okay if this is hard. I have had some big guys do this and while it doesn't look pretty it gets the job done. It's one that you learn to love. Try to breathe out as you rotate. The back leg can be down if you feel off balance or have a hard time staying up.



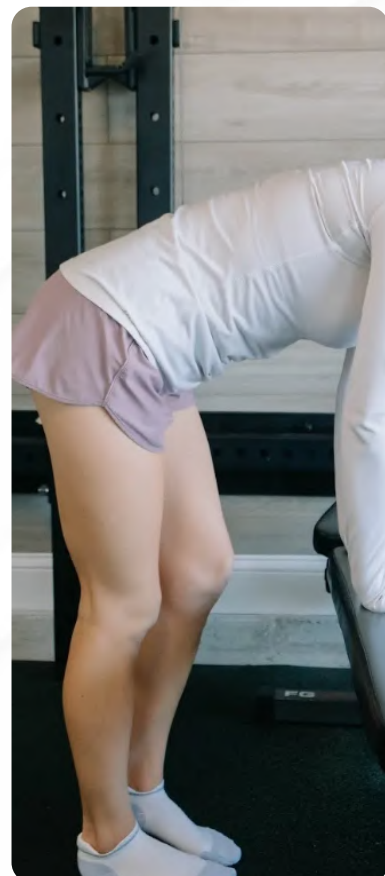
ELEPHANT WALKS

Use a chair or your couch for this exercise. You want to make sure you have something you can lean onto and feel safe. Then bend over and support yourself with your arms. This is an exercise to improve nerve health so it will feel different than a muscle stretch. Once in that position you want to bend one knee and straighten the other at the same time. The leg you are straightening make sure you drive the heel towards the ground and feel a good pull either in your calf or back of leg. Only hold that for 1 second then switch legs. Repeat this.

Dosage:

15 each side for 1 second hold

Tip: It's not uncommon to feel this all the way down from your back to your calf. You want to search for a good pull when you do this stretch. If you don't feel it try leaning over some more or try poking your butt out to get a bigger stretch the back of the leg.



ALTERNATING POSTERIOR LUNGES

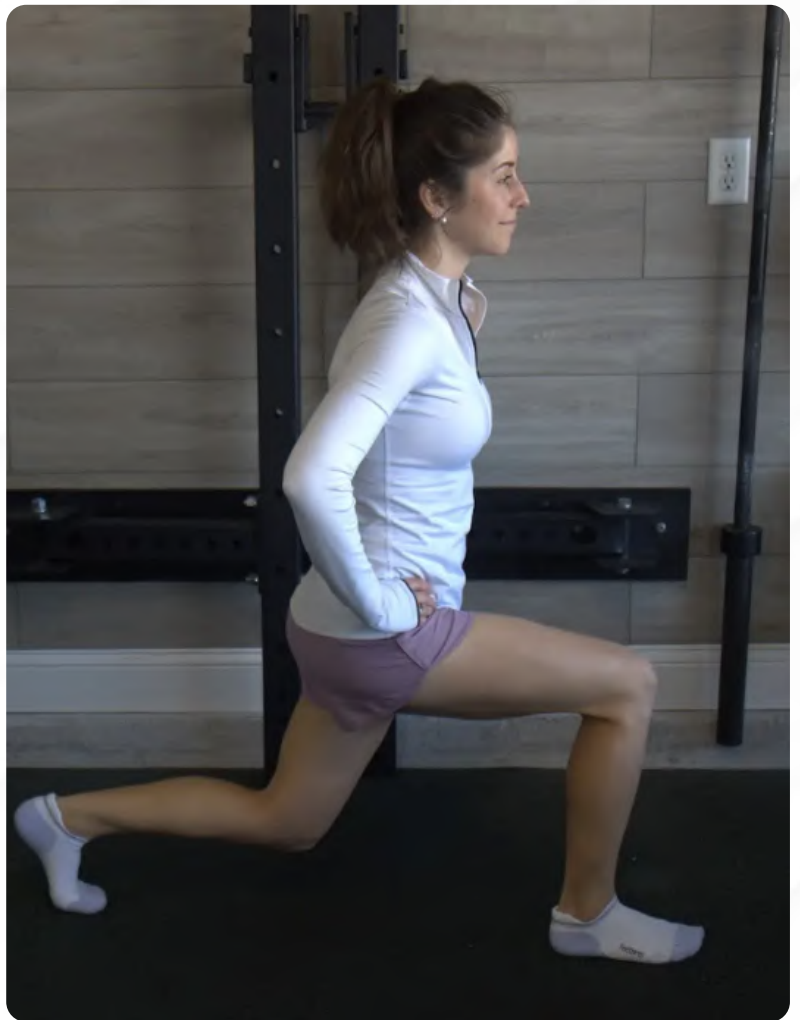
Stand tall and take a large step backward with one foot. Focus on maintaining an upright posture throughout the movement. Take a big enough step backward to create a big stretch in the back leg as you dip your back knee to the ground. You should feel this stretch in the back leg at the same time you feel your front leg working.

It's okay not to focus on getting the back knee to drop to the ground. You will get looser and stronger as you continue.

Dosage:

Two sets of 20 repetitions (10 on each side)

Tip: The further the step backward the more you will get out of it. Don't worry if your front knee goes forward as you do the lunge, that's okay.



FULL SIDE PLANK

Lie on your side and bend your knees. Stack your knees and feet on each other. From there place your elbow under your shoulder and then lift your hips. Think about contracting your abdominals and lifting your hips off the floor. You will feel the pressure of your knees touching as well.

Dosage:

3 repetitions of 20 seconds on each side.

Tip: When you lift your body off the ground, think about crunching the side of the abs closest to the ground and bringing your hips forward. Don't let your neck bend or sag.



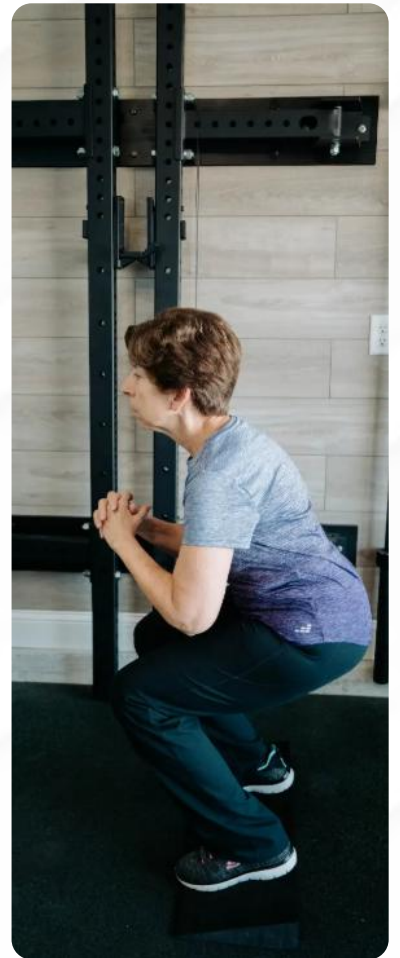
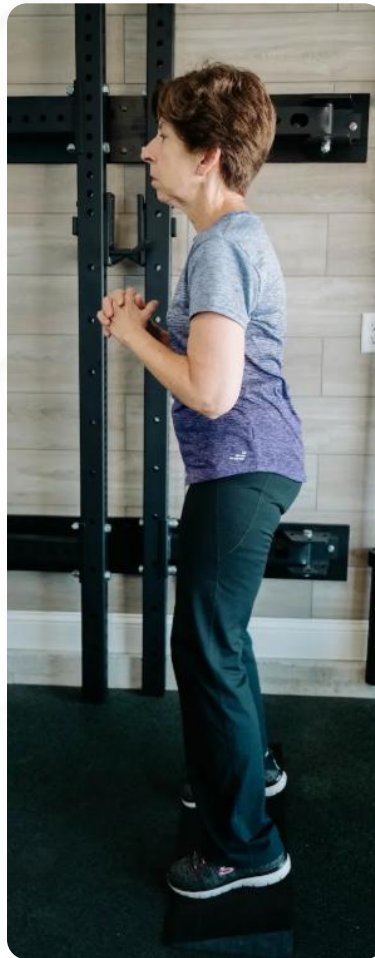
SQUAT WITH DECLINE BOARD

Step with both feet on the incline board. They will be about shoulder width with slight toes out. Then squat down thinking of bringing your butt towards the ground and not out behind you.

Dosage:

2 sets of 15 repetitions

Tip: If you have knee pain, then don't go down as far. You will get better over time. Stand next to something sturdy until you feel comfortable you won't lose your balance.



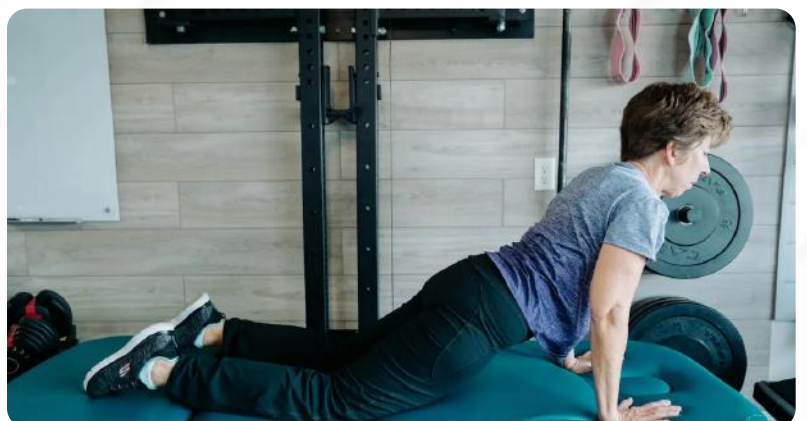
PRAYER TO PRONE PRESS

Starting on your hands and knees think about rocking back, bringing your butt toward your heels then rock forward bringing your hips toward the floor. This should be a fluid movement that feels like it's working your spine into flexion and extension. Bringing your hips to the ground is typically the hardest.

Dosage:

10 repetitions total with 5 second hold

Tip: You will feel pressure in your back and that doesn't mean it's doing harm. If you have any pain or tingling in your leg or back when you bring your hips towards the ground, avoid that range for now. Things will improve over time.





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