



# ULTIMATE SCIATICA STRETCH

This routine is designed to help improve sciatic nerve mobility, reduce tension, and ease some of the stiffness that comes with sciatica.

It's one I really like—because it's not just about stretching muscles. This targets the nerve itself, and for many of my patients, it's a game changer. You may be surprised by how different it feels. We will be working the entire pathways of the nerve. From your back to your toes.

Try doing it once a day—morning works great, or whenever you feel the most stiff. Give it a shot and see how your body responds. Let me know how it goes—I always like hearing what people notice!

## GLUTE STRETCH

Start lying on your back and then pull your knee towards the other hip. You want to feel this in your glute and not in your groin. You can do both legs if you wish. You can vary the angles based on what feels good to you!

### DOSAGE:

10 repetitions  
with 3 sec hold.



### TIP:

Like in this picture you can link your other leg and rotate to get a bigger stretch.

## NERVE GLIDE WITH STRAP

Place the strap around the end of your foot. It will feel like the strap is about to fall off. Make sure the other leg is straight and start to pull your foot towards your face. You will stop when you feel a good nerve pull in the back of your leg or knee. You can feel it anywhere from your calf to your hamstring or glute. Once you feel a good pull, relax. You don't have to rest your foot on the ground every time. You can keep it in the air but you will feel an "ON – OFF" feeling when you pull the leg. So pull until you feel it then release just enough so the stretch goes away.

Then repeat this on once side before doing the other side.



### DOSAGE:

20 pulls for 1 second  
hold

### TIP:

Tingling can be normal just relax and continue once the tingling goes away

## L STRETCH

Make sure to grab onto something sturdy such as a counter top or chair. Step your feet back and begin to bend over and bring your chest towards the ground.

Keep your legs and back straight. You should feel this in your back or back of your legs.

### DOSAGE:

5 repetitions for  
5 second hold

### TIP:

The straighter the legs and back the more pull you will feel. Poking your butt out will also cause a bigger stretch.



## LUMBAR FLEXION WITH SLANT BOARD

You can't see it well in this picture but you will place your feet going up the incline board. Then you will slowly bend over so that you feel tension in your legs or lower back. You need to keep your legs straight. That's what moves the nerve. It's okay if you don't go down very far!

### DOSAGE:

10 repetitions for  
5 second hold

### TIP:

As you practice you will loosen up. Don't get frustrated if it's hard at first. You can find the incline board if you scan the QR code below.



Find more resources  
on our blog!



YouTube channel  
and more workouts!



Recommended  
products