



OVER 50 MORNING SCIATICA STRETCH ROUTINE FOR GUARANTEED PAIN AND STIFFNESS RELIEF

This workout is designed to assist in improving stiffness in your spine and nerves. You will absolutely feel better afterwards. It lubricates your joints, stretches your muscles, and nourishes your nerves. This is the key for true relief and improvement in mobility and stiffness.

FREQUENCY	Everyday
EQUIPMENT	Wedge board
FOCUS	Spine, hips, and sciatic nerve

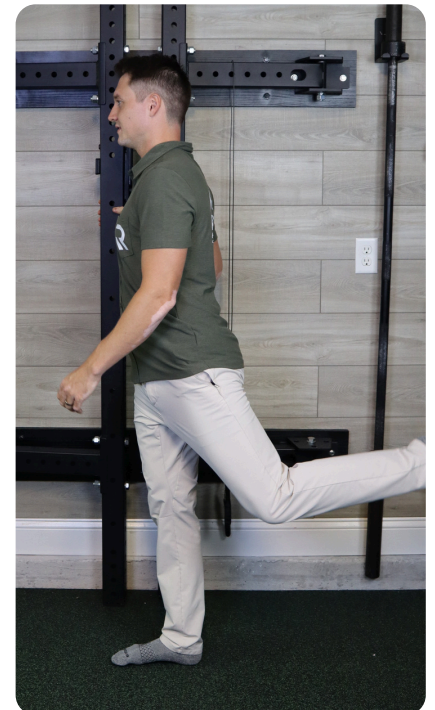
WORKOUT FORMAT

Make sure to be next to something sturdy incase you lose your balance. Focus on short holds, 1-2 seconds. If you feel tingling or nerve discomfort just rest until it goes away.

LEG SWINGS

Target: Hips, hamstrings, sciatic nerve

Stand tall and hold onto something sturdy if you need to. You will stand on one leg then start to swing the other. Don't think about going as high as you can but rather swinging until you feel a pull in the back of your leg or calf. Stop at that moment you will feel a big stretch in the back of your leg.



DOSAGE:

30 seconds on each side

TIP:

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.

FORWARD FOLD NERVE GLIDE

Target: Spine and sciatic nerve

Step up on the incline board and have your feet about hip width apart. Then bend over keeping your legs straight. Stop when you feel tension in your back or legs. Don't force it! .

DOSAGE:

5 repetitions for 5 second holds

TIP:

Your heels can be all the way on the board or on the floor. Make sure your knees stay straight the entire time.



HIP FLEXOR STETCH WITH LUMBAR ROTATION

Target: Lumbar spine and hips

Take a large step forward and slightly bend both knees. The back ankle will come off the ground. Then stay very tall and rotate towards the leg that is in front. You will feel your lower back and hip stretch.

DOSAGE:

10 repetitions on each side

TIP:

Stay close to something sturdy if you feel you may lose your balance. The taller you are the bigger the stretch.



CALF STRETCH

Target: Calf and ankle

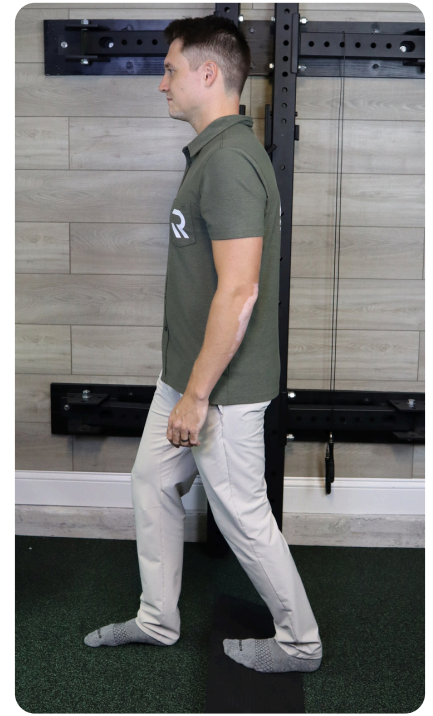
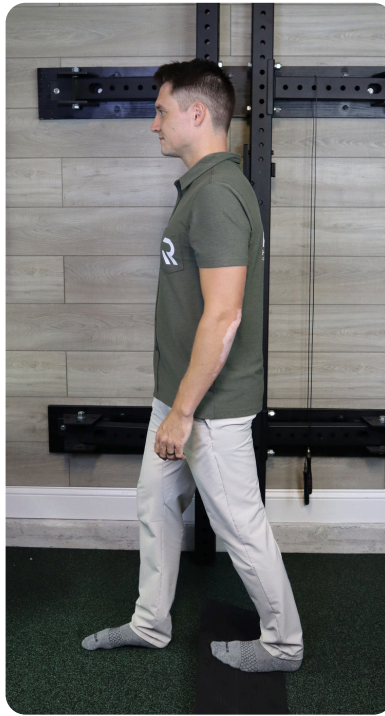
Put one foot on the incline board with the toes going up the incline board. Either step over the board or step on with the other foot. Then you will stand tall and slightly bend and straighten your knee to stretch the calf and ankle joint.

DOSAGE:

20 repetitions of 1-2 second holds in each position

TIP:

The bigger stretch in the calf the better. You should feel the stretch shift from the back of the leg to the ankle as you complete the stretch.



Back Pain and Sciatica
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