

# Sciatic Nerve Flossing



A)



B)

1. Start seated tall with a neutral spine, back support with a chair can help.
2. Lift one leg off the ground and slouch your back + look down with your head to create a rolled forward “flexed” position. (picture A)
3. While staying slouched, slowly extend or lock out the lifted knee and look up to the ceiling. If you feel no tension in the lower limb, you can sit up a little taller during this movement (picture B) “Imagine you are kicking your head up”
4. Only go to where you feel reproduced symptoms in the moving arm as you do not want to push past the pain or stretch.
5. Slowly return head and leg back to start position.
6. Perform 10 reps every 2 hours, or at your doctor’s recommendation.

\*This motion should not create any pain or stretching type feeling. Only perform the movement until you feel the stretch in any part of the moving side, from low back to toes. Do not force yourself into these positions, only start when your body allows you.



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