



Sciatic Nerve Glide Floss 1

Sit with good posture, and straighten your affected leg. Bend your ankle forwards and backwards to create a stretch to the back of the leg (hamstring and calf).

Video: <http://youtu.be/-LIGOh0Q9dM>



Sciatic Nerve Glide Floss 3

Sit with good posture, and straighten your affected leg and bend your ankle towards you, as you extend your neck. Then bring your neck towards your chest as you relax the ankle. This will glide the sciatic nerve.

Video: <http://youtu.be/HkXkUjffCYw>



Sciatic Nerve Stretch 1 / Slump Stretch

Sit with good posture, and straighten your affected leg. Bend your ankle backwards towards you. You may also drop your head forwards, and round your posture to create a stronger stretch. You will feel the stretch in the back of the leg (hamstring and calf), and possibly the lower back too.

Video: <http://youtu.be/BjYUkAwpRsY>



Sciatic Nerve Glide Floss 2

Lie flat on your back, and bend your hip to 90 degrees. Straighten your leg as far as feels comfortable. Bend your ankle forwards and backwards and feel a stretch to the back of the leg (hamstring and calf). You can straighten the leg slightly to make the nerve stretch stronger.

Video: <http://youtu.be/3SyzSl6Oj-Y>



Sciatic Nerve Stretch 2

Lie flat on your back, and bend your hip to 90 degrees. Straighten your leg as far as feels comfortable. Bend your ankle backwards and feel a stretch to the back of the leg (hamstring and calf). You can make the sciatic stretch stronger by straightening your leg more, but only go as far as feels comfortable.

Video: http://youtu.be/xLRk-_zWNo0

P.S. Additional advice sheet

You will find the advice sheet attached in your email

[- Sciatica.pdf](#)