



LIVEWELL HEALTH

your partner in successful aging

SCIATIC NERVE PAIN

IN COLLABORATION WITH

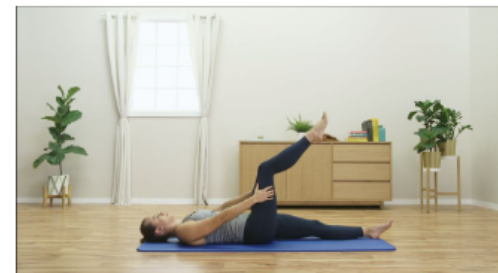
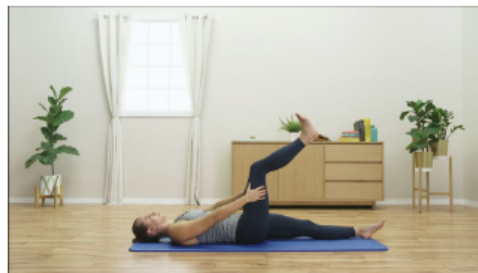
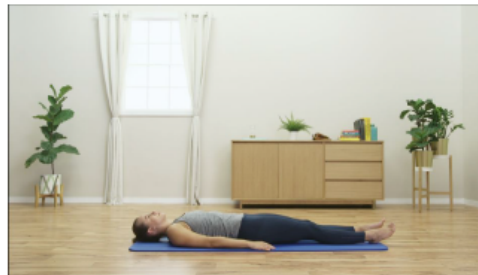
VALD HEALTH

Sciatic nerve glide in supine

Exercise Details

Sets	1
Reps	12
Rest Duration	60 seconds
No notes	

Start by lying on the mat with your legs out straight. Bring your leg up towards you with your hip bent at 90 degrees and your leg supported by your hands. Keeping your leg still, bring your toes towards your face and then away from you to complete the exercise. Remember to keep the rest of your leg still throughout the exercise. [See Less](#)



Sciatic nerve slider in sitting (head tilt with knee extension)

Exercise Details

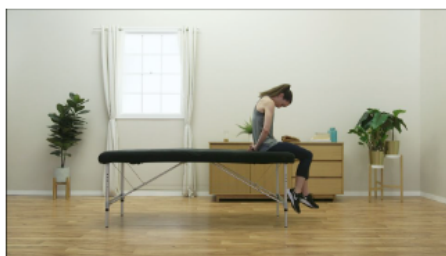
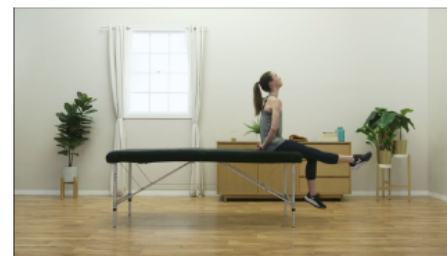
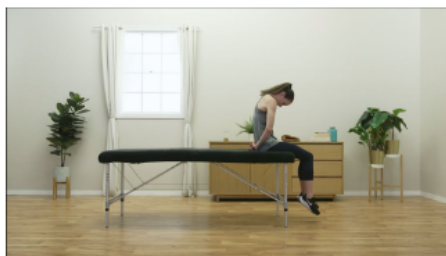
Sets 1

Reps 12

Rest Duration 60 seconds

No notes

Start by sitting on the edge of the bed in the slumped position with your hands behind your back and your chin tilted down towards your chest. Keeping the rest of your body still, straighten your leg, pointing your toes as you do so, and tilt your head backwards. Then bring your leg in, relax your toes and tilt your head down to complete the exercise. Remember to move your leg and head at the same time throughout the exercise. [See Less](#)



Pelvic tilt in supine (legs on exercise ball)

Exercise Details

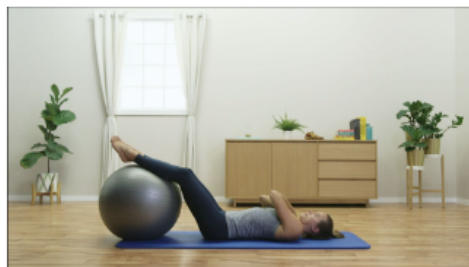
Sets 1

Reps 12

Rest Duration 60 seconds

No notes

Start by lying on your back with your knees bent, legs resting on an exercise ball, and your arms crossed on your chest. Arch your lower back, by tilting your tail bone out, and then round your lower back by tucking your tailbone in to complete the exercise. Remember to keep your upper back on the mat throughout the exercise. [See Less](#)



Bridge

Exercise Details

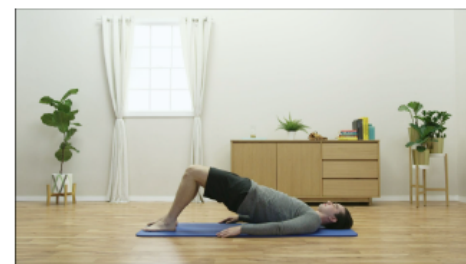
Sets 1

Reps 12

Rest Duration 60 seconds

No notes

Start by lying on your back with your knees bent, feet flat on the floor and your arms resting by your sides with your palms facing down. Engage your core and gently draw up your pelvic floor. Slowly extend your hips up, aiming to form a straight line from your knees to your shoulders. Hold this position for the prescribed time and then lower yourself down to complete the exercise. Remember to keep your head and shoulders on the ground throughout the exercise. [See Less](#)



Pelvic tilt in four point kneeling

Exercise Details

Sets 1

Reps 12

Rest Duration 60 seconds

No notes

Start by getting into the four point kneeling position with your hands below your shoulders and knees below your hips. Keeping the rest of your body still, arch your lower back, by tilting your tail bone out, and then round your lower back by tucking your tailbone in to complete the exercise. Remember to keep your upper back and neck straight throughout the exercise. [See Less](#)

