

Exercise plan:
Sciatica - EASY

Patient:
CHCP WEBSITE

Date:
13th Mar 2023

- You should not have to push through pain. A light stretch/pull is enough. If the exercise/movement makes your back feel better, then that is a good sign
- Consider using heat. Hot water bottle/wheat bag. Place in a towel and allow to gently warm the back. Consider using this prior to exercises. Do this regularly.
- Do not stay in static postures too long. Get up and move every 30-40 mins even if this is uncomfortable to do so initially.
- "Little and often" - as a guide every 2-3 hours try to mobilise the back in some form of the above exercises.
- Mornings are likely to pose a challenge due to increased stiffness. This is normal when you have back pain/have had back pain for any length of time. Run through some of the simple exercises (top 2-3 ex's) prior to getting out of bed.
- It is normal to be variable with back pain. You WILL have good days and bad days.
- YOUR BACK IS A VERY STRONG AND ROBUST STRUCTURE

Single Leg Back Stretch

Lie flat on your back, and bend your knee towards your chest. Hold this position and feel a gentle stretch in your back. If you get any groin pain while doing this exercise, stop and inform your therapist. Relax, and then repeat as necessary.



Little and often

Video: <http://youtu.be/lka-1VKjrew>

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Lumbar Rotation

Lie on a bed or floor. Bend your knees and keeping your feet flat on the bed or floor, rotate your hips to one side creating a rotation through your lower back. Only go as far as feels comfortable, you do not need to get your knees to the floor. Return to the opposite side. This is an excellent lower back mobility exercise, especially if you have acute lower back pain or disc problems.



Little and often

Video: <http://youtu.be/UxORTXzuU9E>



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Child's Pose Senior

Kneel down on the mat or bed, and rest your buttocks on your heels. As you keep your buttocks on your heels, roll forwards and slide your arms forward creating a gentle stretch and lengthening in your back.

Little and often

Video: <https://youtu.be/o6ky6BgPB-4>



Sitting Forward Hang

Sitting down, round your back and let your arms hang in front of you. You should feel a gentle stretch over your spine.

Little and often

Video: <http://youtu.be/GrWP8fLx0-g>



Pelvic Tilt | Pelvic Tuck Sitting

Sit down with good posture. Draw your belly button inwards (towards the back of the chair slightly) and tilt your pelvis backwards (i.e. flatten your spine against the chair). Return to the start position (arching your back - known as a lumbar Hyperlordosis). This exercise strengthens the deep abdominal muscles and improves core control.

Little and often

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



Sciatic Nerve Glide Floss 1

Sit and straighten your affected leg and stop just before the pain starts. Bend your ankle forwards and backwards .

Little and often

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