

Exercise plan:
Sciatica - MODERATE

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

CHILD POSE HIP STRETCH

Get onto hands and knees then sit back a little onto your haunches with knees as far apart as you can and hips turned out. Take your head to the floor and stretch the arms as far from your head as you can. Hold.

Hold for 30 seconds.
Repeat x5
3-4 times daily



skimble

Romanian Deadlift

Keep your knees just slightly bent, shoulder width apart, and place a dowel rod or barbell on the blocks. Keep your back straight/flat as you bend your knees more towards the bar. Hold the bar shoulder width apart or slightly narrower, with one palm facing up, one palm down (or both palms facing down). Lift the bar up by straightening the legs and extending the back at the same time. Keep the bar close to your shins during the movement. If you lack flexibility you may need to bend your knees a little. Squeeze the shoulder blades at the top of the movement. Return to the start position.



SLOW CONTROL - 3 SETS 8 REPS DAILY

Video: <http://youtu.be/8OIZEOLaBmo>



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.

Little and often every day

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



Cat Camel Stretch

Start in a neutral four point position on your hands and knees. Round your back from an arched position as you pull in your abdominal muscles. It should feel like a gentle stretch to your lower back. Don't over-arch your back; keep it comfortable, unless your therapist guides you otherwise. After you have rounded your back, form an arch with your lower back. Repeat the movement to the required number of repetitions. This is a good exercise to stretch your back and reduce back pain.

Little and often

Video: <https://youtu.be/c2kKOjzK14>



Sit-Down Chair Squat

Start from seated position on the chair. The aim is to stand up from the chair.

Focus on driving your legs into the floor to push yourself up. At all times allow your spine to relax and avoid holding unnecessary tension through your tummy and back. Breath out and avoid holding your breath as you stand. It is vital you allow the spine to remain relaxed and bend as you stand to complete this movement. This is very safe and natural. To sit - reverse the above. Stick your bottom out, allow your back to bend and let your legs control the movement. **DO NOT HOLD YOUR BREATH.**

Aim for 3 sets of 5 reps if able.

Little and often and regular practice is advisable.

Video: <https://youtu.be/Z20XNb0VdEk>