

Exercise plan:
Sciatica - ADVANCED

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



Lumbar Rotation Opposite Twist

Bend your knees, and keeping your feet flat on the 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. With straight arms, rotate to the opposite side at the same time. This is a strong lower back stretch suitable for more athletic people.

Little and often

Video: <http://youtu.be/P7FcRhBg2RQ>



Rest Position / Child's Pose / Shell Stretch

Kneel down on the mat, 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: <http://youtu.be/7zsKsz4uQe4>



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Spinal Flexion / Roll Down

Adopt a standing alignment. Exhale and begin to roll the spine forwards, with your nose moving towards your breast bone. Roll your middle and lower back forwards, and allow your pelvis to roll forwards. Keep your knees soft, and keep your weight even through your feet. As you exhale, roll your spine up by starting from your tail bone. Repeat as required.

Little and often

Video: <http://youtu.be/VpQ9SPwNPvY>



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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.

Stretch/discomfort is enough - do not force through pain

Little and often

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



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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 8 reps if able.

Little and often and regular practice is advisable.

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



Box Step Front

Start with the bottom step of the stairs. Hold on to the bannister.
Step up and down very slowly.
Start with 5 on alternate days.

Aim to build up to 3 sets of 8 reps if able.
Do these exercises alternate days

Little and often and regular practice is also advisable.

Video: <http://youtu.be/EI739ijbGUU>



Lunge

ALLOW YOUR BACK TO BE RELAXED
DO NOT HOLD YOUR BREATH

Take a step forwards, and bend the front knee past the vertical. The back knee lowers towards the floor. Only go as far as feels comfortable. This is a lower limb strengthening exercise that will also mobilise your back

Aim to build up to 3 sets of 8 reps if able.
Do these exercises alternate days

Little and often and regular practice is also advisable.

Video: <http://youtu.be/xASFze7P-Fs>