



ORTHOPEDIC ASSOCIATES of HARTFORD

50 Years of Excellence

SCIATICA

Home Exercises

SINGLE KNEE TO CHEST STRETCH - SKTC

While Lying on your back, hold your knee and gently pull it up towards your chest.

Repeat 3 Times Hold 20 Seconds

Complete 1 Set Perform 2 Times a Day



HAMSTRING STRETCH WITH TOWEL

While lying down on your back, hook a towel or strap under your foot and draw up your leg until a stretch is felt along the backside of your leg.

Keep your knee in a straightened position during the stretch.

Repeat 2 Times Hold 30 Seconds

Complete 1 Set Perform 2 Times a Day

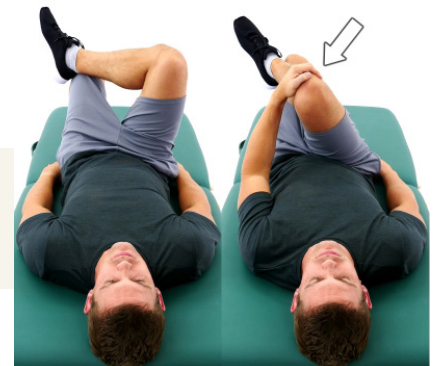


PIRIFORMIS STRETCH MODIFIED 3

While lying on your back and leg crossed on top of your opposite knee, hold your knee with your opposite hand and bring your knee up and over across your midline towards your opposite shoulder for a stretch felt in the buttock.

Repeat 3 Times Hold 20 Seconds

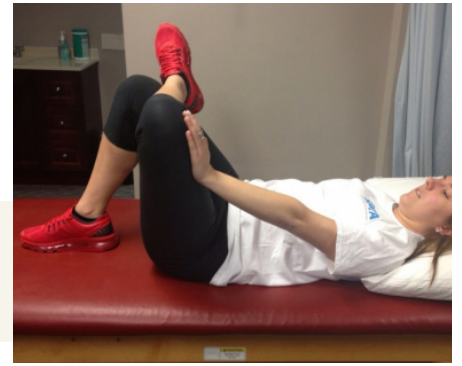
Complete 1 Set Perform 2 Times a Day



PIRIFORMIS STRETCH (Figure Four)

While lying down, bend up one knee keeping the foot on the mat or floor. Bend opposite leg and cross ankle over the bent knee. Gently push inside of crossed leg at knee. You should feel the stretch in the back of the buttock of crossed leg.

Repeat 3 Times Hold 15 Seconds
Complete 1 Set Perform 2 Times a Day



LOWER TRUNK ROTATIONS - LTR - WIG WAGS

Lying on your back with your knees bent, gently rotate your spine as you move your knees to the side and then reverse directions and move your knees to the other side. Repeat as you move through a comfortable range of motion.

Repeat 20 Times Hold 1 Second
Complete 1 Set Perform 1 Times a Day



SCIATIC NERVE GLIDE - SUPINE

Start by lying on your back and holding the back of your knee. Next, attempt to straighten your knee. Lastly, hold this position and then bend your ankle forward and back as shown.

Repeat 10 Times Hold 3 Seconds
Complete 2 Sets Perform 2 Times a Day



DOUBLE KNEE TO CHEST STRETCH - DKTC

While Lying on your back, hold your knees and gently pull them up towards your chest.

Repeat 5 Times Hold 10 Seconds
Complete 1 Set Perform 2 Times a Day

