

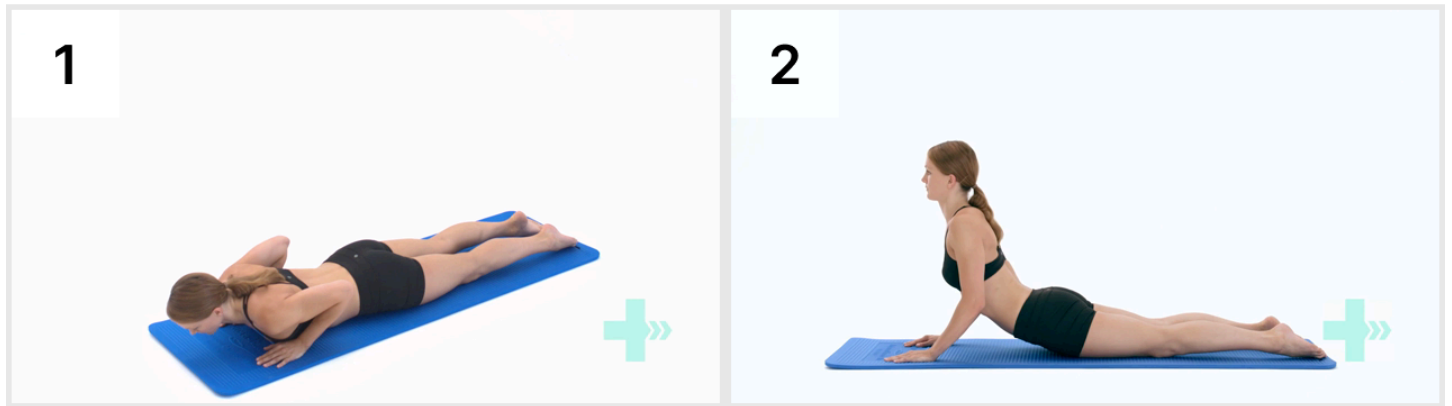


Sciatica phase 1 -

Atomic Pilates &
Chiropractic
14003 S Redwood Rd
Suite 200
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1. "Cobra pose" Trunk extension passive, press up, prone

Sets: 1 • Reps: 1 • Hold: 1s



Lie on your stomach.

Place your hands underneath your shoulders.

Squeeze your elbows in toward your rib cage throughout the whole movement.

Press the top of your feet down into the floor and engage your quads so the knee caps lift off the floor.

Engage your abdominals so that the pubic bone presses down to the floor.

And then engage your back muscles to lift up into extension.

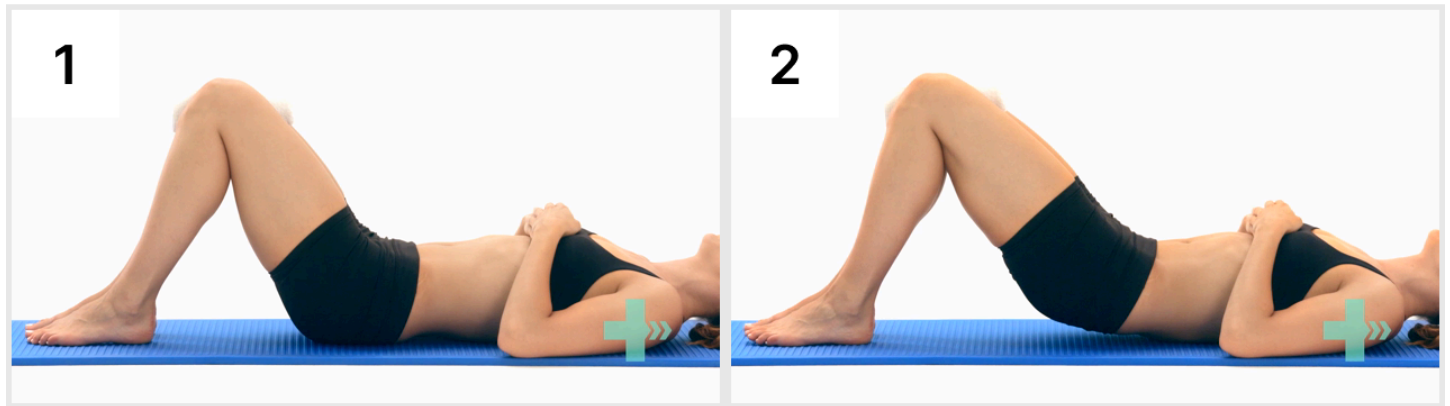
Slide your shoulder blades down your back and make sure you keep elbows and shoulders down.

Slide your shoulder blades down your back, and then push off the floor into the Cobra position.

Remember to keep your elbows close to your rib cage and your shoulder blades down.

2. "Pelvic tilt" Core/abdominal strengthening, with breath, supine

Sets: 3 • Reps: 10



Lie on your back with your legs bent and place a small towel between your knees.

Keep your feet hip width apart.

Take a deep breath in, allowing your tummy to inflate.

Breathe out, gather your tummy and your pelvic floor.

Repeat, breathing in, relaxing your tummy.

As you breathe out, gather your tummy, your pelvic floor and add the pelvic tilt by pushing your heels down, tilting your pelvis upwards so it just off the mat to a height of 1 to 2 inches.

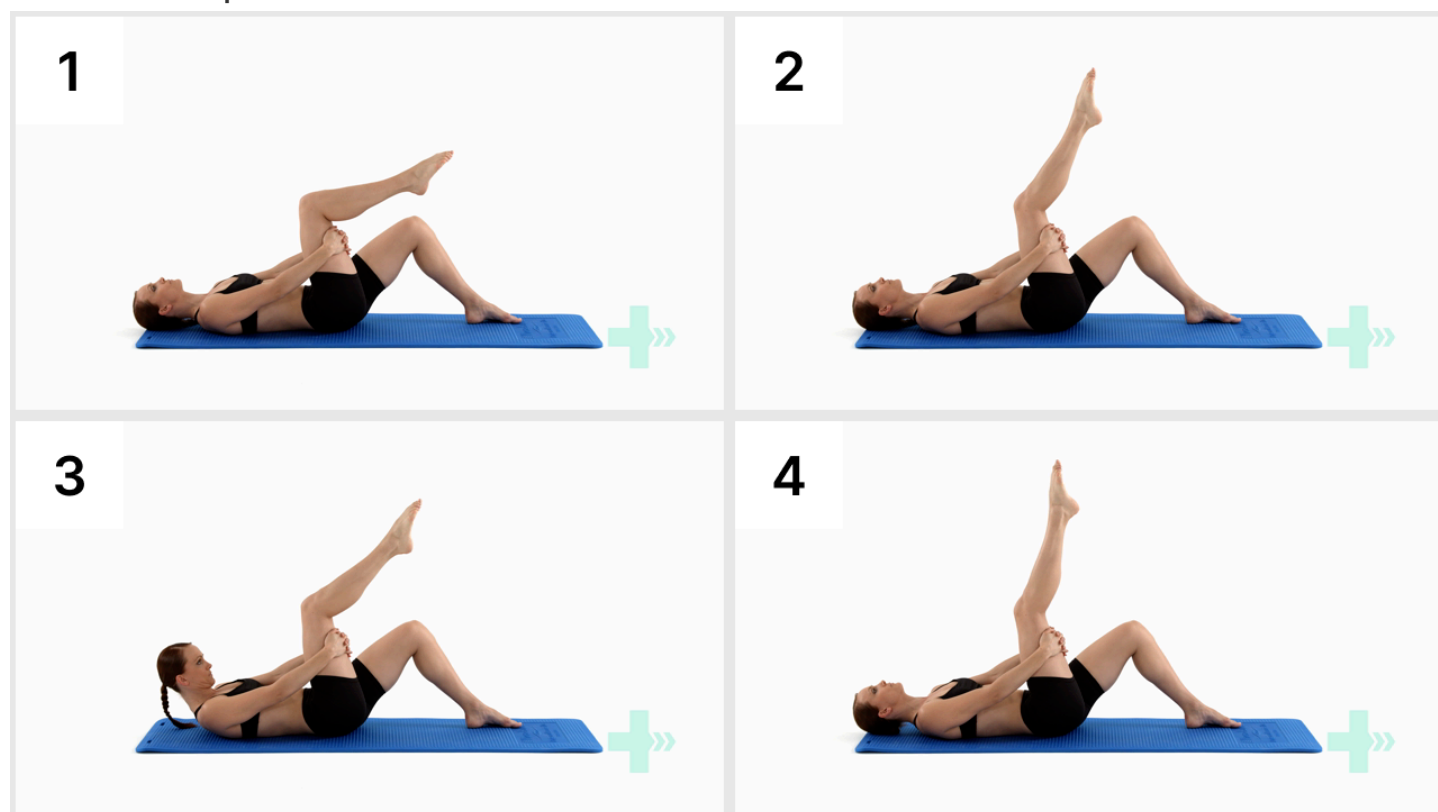
Breathe in and lower your pelvis back down, making sure you roll down one vertebra at a time, relax your pelvis.

Repeat this movement.

Remove the towel, bring your legs down, one by one, starting with the right, and the left and return to the starting position.

3. 'Neurodynamics' Sciatic nerve, supine - pointing toes

Sets: 3 • Reps: 1



Lie on your back.

Bend your affected leg in towards you until you can clasp your hands together behind your thigh.

Hold this position with your leg supported in your arms and slowly straighten out your knee until you reach the point of tension.

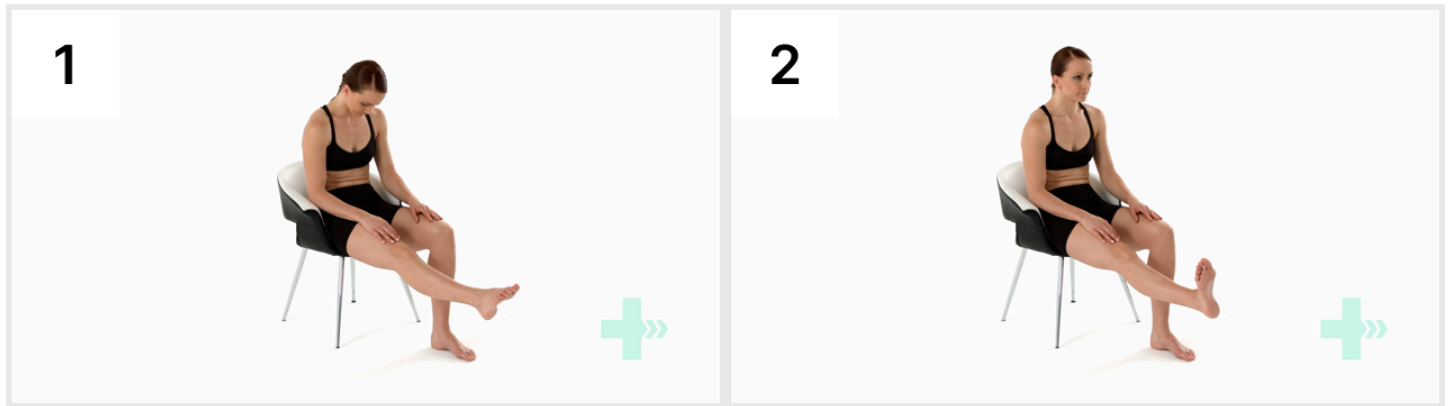
Do not push further past this point.

Lower your foot slightly and lift your head to your chest and then relax your head back as you raise your foot again. Perform this exercise in one fluid movement.

Relax and repeat.

4. 'Neurodynamics' Sciatic nerve, slump sitting - lifting/pointing toes

Sets: 3 • Reps: 1



Sit in a chair.

Round your back and lower your head so your weight is down through your tail bone.

Slowly begin to straighten your affected leg out until you reach the point of tension in the nerve.

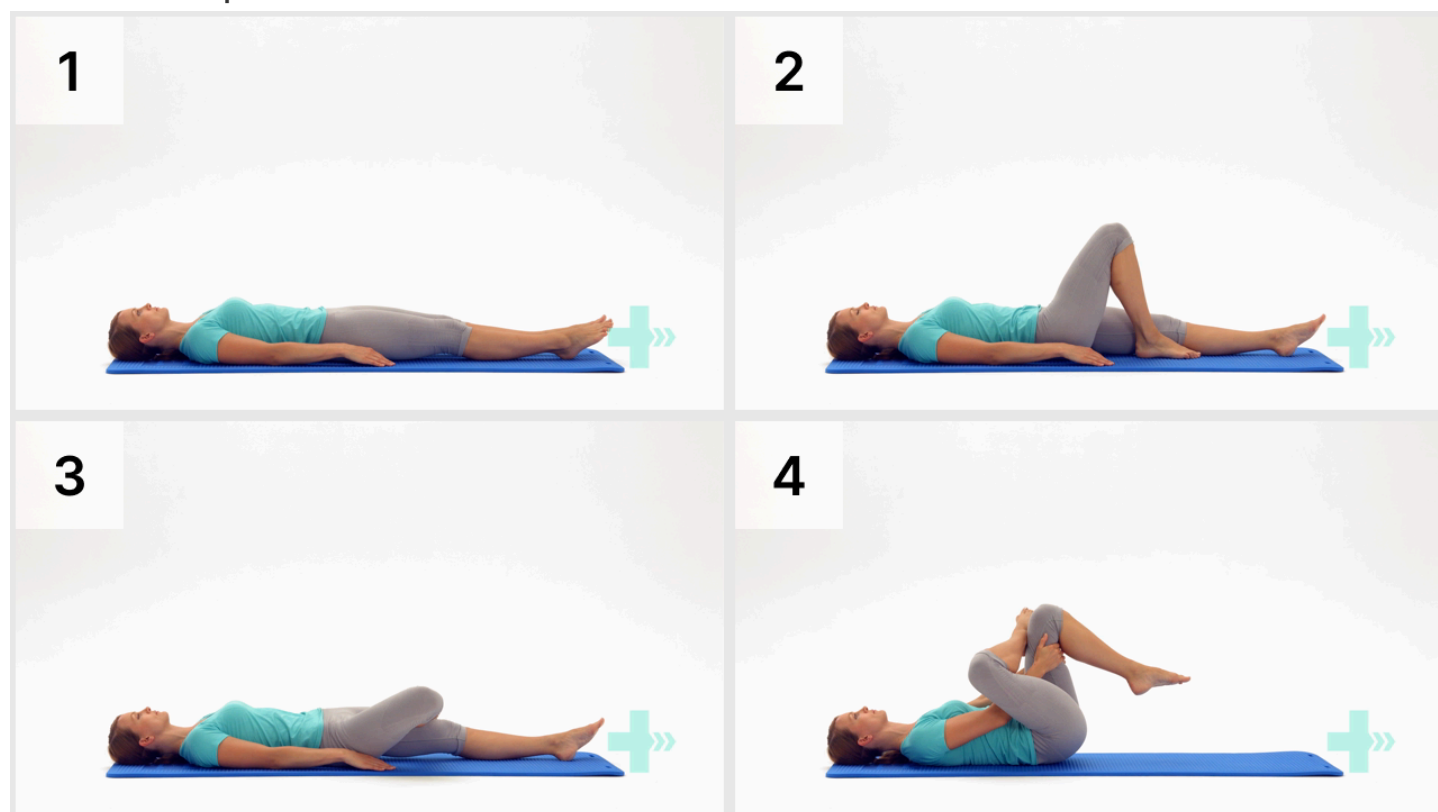
Do not push any further than this point.

Holding your knee in this position, raise your head up whilst moving your toes in towards you, then lower your head back down and point your toes as you do so.

Perform the movement fluidly.

5. "Figure 4" Piriformis/gluteals stretch, supine; 03

Sets: 3 • Reps: 5



Lie on your back and bend your affected knee.

Cross this leg over your other knee, placing the outside of your ankle just above the knee of your good leg.

Let the knee on your affected leg drop out to the side, and bend the good leg, sliding your heel towards your buttocks.

You may feel a stretch through your affected buttock.

To increase this stretch, interlace your fingers behind the thigh of your good leg, and pull your thigh in towards you, lifting the foot off the ground.

To increase this stretch further still, push your elbow into the thigh of your affected leg.

Hold this position.