Sciatica
Exercises
Try all of these exercises 2-3 times a day

Exercises 1
Knee hugs
Lying on your back. Using your hands to help you, gently pull your knees in towards your chest as far as comfortable. You should feel a comfortable stretch in your lower back and buttocks.

Hold 10 secs. Repeat 5-10 times.
If it is too uncomfortable to pull both knees up, try this one leg at a time.

Exercise 2
Knee rolls
Lying on your back with your feet on the floor.
Slowly roll your knees from side to side whilst keeping your back on the floor. Repeat 10 times to each side.
Exercise 3
Standing side bend

Stand straight with your feet shoulder-width apart. Slide your hand down the side of your leg until you feel a gentle stretch in the opposite side.

**Hold stretch 10 seconds. Repeat 5-10 times each side.**
Exercise 4
Nerve slider

Try to use a smooth motion for this exercise, moving from one position to the other smoothly and quickly.

Lying on your back, hold onto the back of thigh of the painful leg as in picture A. Point your toes towards the ceiling and straighten your knee. Stop as soon as you feel a stretch as in picture B and return to position A.

Repeat this for 30-60 seconds regularly throughout the day.
Exercise 5
Extension in lying

Lying on your front. Slowly lift your torso upwards and rest on your elbows. You should feel a gentle stretch in your lower back. Rest in this position for up to 10 secs.

Repeat 5-10 times.
Start by exercising gradually and build up over time. As with any physical activity it is normal to feel some discomfort or aching in your muscles after exercising but you should stop if you get any joint pain that does not go away quickly.

If you have any questions about exercising, ask your GP or physiotherapist.