

SCIATICA

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INSTRUCTIONS

Doing the following exercises can really improve sciatica. If you are a guide user, you can add these exercises to your daily routine. Continue doing your prescribed weekly E and E exercises too and prepare to be one strong mama!

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1. DEEP NECK FLEXOR

Push the head backwards Do not tilt the chin up or down. Hold for 5 seconds. Repeat 3 times.



2. SNAG

Place a dog leash or yoga strap behind your head. Cross the right strap over the top of the left strap. Hold the right strap with your left hand, and the left strap with your right hand. Pull lightly on the strap. Move up and down the spine.



3. DB SIDE LYING EXTERNAL ROTATION

Perform 15 repetitions on each side.



4. RB PULL APART

Wrap RB around each hand and bring the arm opposite your bad leg out to the side as you keep your other arm holding the RB right in front of you. Perform 12 repetitions. Then perform 12 more repetitions where you pull both arms out at the same time as shown in the picture.



5. SEATED PIRIFORMIS STRETCH

Hold each side for 10 seconds.



6. SEATED SIDE STRETCH

Perform 3 repetitions in each direction (reaching forward, overhead, backward). Perform on both sides.



8. QUADRUPED TAIL WAG

Perform 24 repetitions, 12 each side.



9. SIDE LYING LEG RAISE

Perform 30 repetitions on each side.



10. TRIANGLE POSE



11. SIDE ANGLE POSE



12. HAMSTRING FOAM ROLLER

Perform for 2 minutes.



13. LOWER LIMB TENSIONER

Perform for 10 breaths.



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