

Patient Exercise Sheet:
Back Exercises:
Sciatica

Physiotherapy



1 Lower Limb Nerve Glides

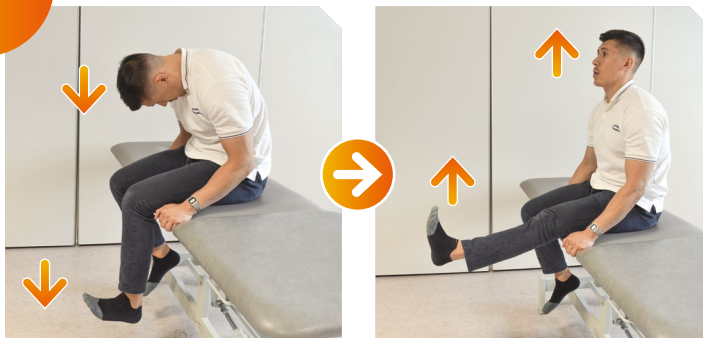
2 Cat Exercise

3 Standing Extension

4 Standing Side Flexion

It is OK to feel some discomfort whilst completing the following exercises, which is entirely normal to begin with, providing the pain is not significantly worse the following day. We recommend to only exercise up to around 4-5/10 if zero is no pain and 10/10 is severe pain.

1 Lower Limb Nerve Glides



- Sit in a slumped position, with your back fully rounded, head and neck tucked downwards, legs off the edge of the bed.
- Slowly straighten your leg out in front of you, whilst lifting your head up until looking straight ahead.
- Maintain the slumped / rounded posture for the rest of your back.
- Ensure you keep your toes pulled up towards you throughout the whole movement.
- Head and knee should move in the same direction at the same time. ie "head up, knee up".

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1 Lower Limb Nerve Glides

2 Cat Exercise

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2 Cat Exercise



Kneeling on all fours, keep your hips and shoulders still, arch your back up as far as you can, then arch your back down as far as you can.

Hold each position for 10 seconds. Repeat 10 X.

3 Standing Extension



In standing with your hands on your lower back to help support it, stretch back as far as you can.

Hold for a couple of seconds. Repeat 3-5 X.

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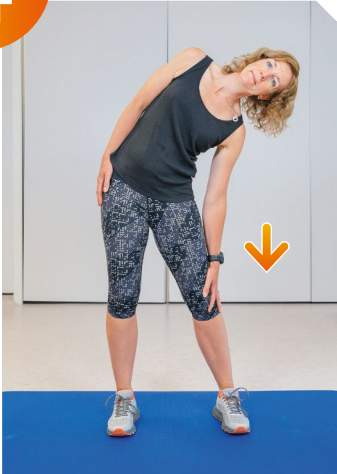
1 Lower Limb
Nerve Glides

2 Cat Exercise

3 Standing
Extension

4 **Standing Side
Flexion**

4 Standing Side Flexion



In standing slide your hands down the side of your legs reaching as far as you can towards the floor.

Hold for a couple of seconds. Repeat 3-5 X.

