

What can you do to Relieve Sciatica Pain?

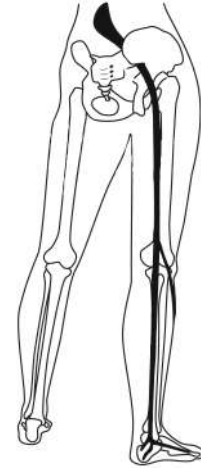
You may not want to leave the couch when you're in excruciating pain and suffering from sciatica. Sciatica is a pain that radiates from your lower (lumbar) spine to the legs through your hips and buttock.

Following typical rehabilitation exercises can help you to get relief from the pain and stiffness in the area surrounding the sciatic nerve.

Your doctor or Physical Therapist will better advise you about the suitable exercise according to the intensity of the sciatica pain and the time when you can start these exercises.

Sciatica exercises serve the following main benefits:

- Reduce acute sciatic nerve pain.
- Improve leg movements.
- Promote soft tissue healing.
- Improve sciatic nerve function.
- Provide muscle and tissue reconditioning.
- Prevent, or minimize recurrence of pain.



Sciatica Exercises

Knee to Chest:



Procedure

1. Lie your back on the floor or mat.
2. Pull the bent knee toward your chest until it touches your chest while keeping the other foot resting on the floor.
3. Keep holding for 10 seconds
4. Then do the same thing with the other knee.
5. Hold each position for up to 10 seconds and perform 3–5 repetitions of the movement.
6. Afterward, gently pull both knees towards your chest with your hands.

7. Again, keep holding for 10 seconds.
8. Hold both knees in the position for 10 seconds.
9. Repeat the movement 3 to 5 times.

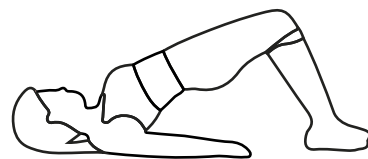
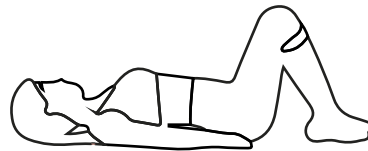
Lower Trunk Rotations:



Procedure

1. Put your feet flat on the floor and bend your knees upright as you lie on your back.
2. Try rotating your knees to one side while keeping both knees together for about 3 to 5 seconds. You will feel a gentle stretching sensation in the opposite hip and lower back area.
3. Afterward, rotate both knees to the opposite side and hold for 3 to 5 seconds while contracting your abdominal muscles.
4. Repeat this activity 10 times on each side.

Pelvic Tilt:



Procedure

1. Lie down on your back, keep the feet flat on the floor and slightly bend the knee that must be at 45⁰ angle from the floor.
2. Keep both arms at the side of your body.
3. Slightly lift the hips at the 30⁰ angle from the floor.
4. Take a deep breath that will tighten your abdominal muscles.
5. Hold the position for 5 seconds.
6. Repeat the activity 10 times, keep the pelvic tilt for five seconds each time.

Reclining Pigeon Pose:



Procedure

1. Put your right leg at a right angle while lying on your back.
2. Grasp your right thigh with both hands, holding your fingers together in a way that your right foot must be in the air a few feet above the ground.
3. Place your left ankle over your right knee as you lift your left leg.
4. Hold your position for 3-5 seconds.
5. Exercise your other leg in the same manner.
6. Repeat this activity 10 times on each leg.

Sitting Spinal Stretch:



Procedure

1. Your legs should be extended straight out with your feet flexed upward as you sit on the ground.
2. Your right foot should be flat on the floor outside of the opposite knee when you bend your right knee.
3. Place your left elbow just on the top of your bent right knee to gently turn your body to the right.
4. Continue holding the position for 30 seconds and then switch sides to repeat the same activity for the other side.
5. Repeat it 10-15 times on each side.

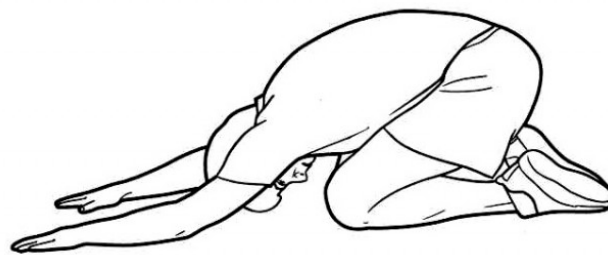
Standing Hamstring Stretch:



Procedure

1. Extend one leg out by placing the heel on a slightly raised surface, such as a stair, ottoman, or curb.
2. Keeping the spine straight, bend at the hip to bring the chest toward the thigh.
3. The other leg that is not being stretched will also bend slightly at the knee.
4. Hold this stretch for 10 to 30 seconds.

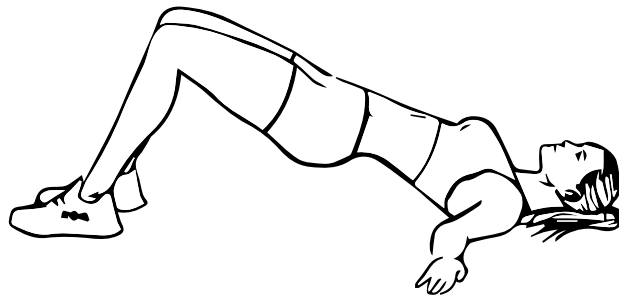
Child pose:



Procedure

1. As you kneel, lower your buttocks onto your heels.
2. Put your arms out in front of your head in a relaxed position.
3. Relax by taking a deep breath. Let the buttocks rest on the heels so that they feel the stretch.
4. Gently release the position after holding it for 30 seconds.

Glute Bridges:



Procedure

1. Lie on the back with bent legs so that the knees point upward and the feet are flat on the floor about shoulder-width apart.
2. Push your heels and lift your hips until the body forms straight from the knees to the shoulders.
3. Hold the position for 15 seconds, depending on comfort level, and slowly return the hips to the floor.
4. Repeat 8–10 times at first, moving up to multiple sets when it is comfortable to do so.