

Exercise plan:
Advice Sheet - Slipped Disc & Sciatica

Patient:
Sample Patient

Date:
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Pelvic tilt lying

Lie flat on your back, and engage your deep core muscles by drawing your belly button inwards (towards your spine slightly), while flattening your spine against the floor, then relax. Repeat as required.

Video: <http://youtu.be/44D6Xc2Fkek>



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Neutral position lumbar decompression chair

Lie flat on your back, with your feet resting on a chair. Relax in this position. You can place your arms above your head if you wish. This exercise is a decompression exercise for the spine, especially useful for lumbar disc problems.

Video: <http://youtu.be/Zvfxgqish4>



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Femoral nerve glide floss 2

In a kneeling lunge position, move your body forwards to create a stretch to the front of your thigh and groin. Bend your arm above your head and side-bend away from the side you are stretching as you bend the spine forwards. Extend your spine backwards slightly. This will glide the femoral nerve. Use a pillow under your knee if you find you need the padding.

Video: <http://youtu.be/GCee2ckrnFo>



Sciatic nerve glide floss 1

Sit with good posture, and straighten your affected leg. Bend your ankle forwards and backwards to create a stretch to the back of the leg (hamstring and calf).

Video: <http://youtu.be/-LIGOh0Q9dM>



Sleeping position side

If you find sleeping uncomfortable, try lying on your side, and place a pillow between your knees. If you have leg pain or one-sided lower back pain, usually you will find it more comfortable to lie on the opposite side to your leg/back pain. Do not sleep on the floor.

Video: <http://youtu.be/q0IKQxmT148>



Sleeping position flat on back

You may prefer to sleep flat on your back. If you do, you may get some relief from back pain by placing a pillow under your knees. Use one or two pillows, whichever you feel is more comfortable. Do not sleep on the floor.

Video: <http://youtu.be/v0pd2RnuHGI>

SAMPLE ONLY