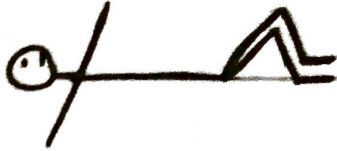


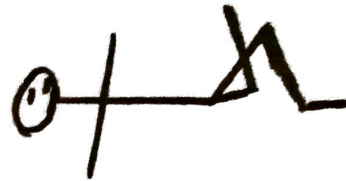
# Sciatica

Only do to your comfort level

On back  
Feet towards bottom



Place one foot on the other thigh



To deepen stretch push gently on knee  
Do the easier exercise for a few days before  
progressing to deepen the stretch



By lifting leg and holding under leg it will  
deepen the stretch further

