

Sciatica Nerve Flossing



1. Lie on your back on a comfortable surface, such as a bed or the floor.
2. Keep one leg straight on the ground. Bend the leg you are exercising and bring it toward your chest.
3. Hold the back of your thigh or behind your knee to support your leg—do not force it.
4. Slowly straighten your knee while gently pulling your toes up toward your head.
5. Then slowly bend your knee again while pointing your toes away from you.
6. Move back and forth in a slow, smooth motion. This should feel gentle and controlled, not painful.
7. Stop if your symptoms increase or become sharp.
8. Perform 10–15 repetitions, 1–2 sets, as tolerated.

Repeat on the other leg if instructed.

Dead Bug



- 1 Lie on your back with your knees bent and feet lifted off the ground.
- 2 Raise your arms straight up toward the ceiling.
- 3 Tighten your stomach muscles as if you are gently bracing for a cough.
- 4 Keep your lower back flat against the floor throughout the exercise.
- 5 Slowly lower one arm overhead while straightening the opposite leg toward the floor.
- 6 Only lower as far as you can while keeping your core tight and your back flat.
- 7 Bring your arm and leg back to the starting position.
- 8 Repeat the movement on the opposite side, moving slowly and with control.
- 9 Perform 8–12 repetitions per side, for 1–2 sets, as tolerated.