

## Patient Instructions for Radicular Leg Pain ('Sciatica')

Radicular leg pain evolves from a complex of factors. It is NEVER caused by a pinched nerve, or from a herniated disc. Your usual upper-body and core-based exercise/stretch routine should stay consistent throughout the treatment phases 2-3 times per week (20-30 minutes). If you don't have an existing exercise/stretch routine, it is likely a significant part of the problem. Call to set up an appointment if you need an exercise routine or guidance.

Phase I: DAY 1-2-3, then continuing for 6-8 weeks:

- (A) 4-way self performed nerve glides: 6-8 times per day (meet with doctor.)
- (B) Walking: each morning to start your day (with or without pain) 10-20 minutes, long-strides. Additional walking through the day; 10-20 minutes maximum. No jogging or running. Pre-treat with Biofreeze to the lumbar, glute, posterior leg, peroneal muscles. (home-based.)
- (C) Anti-Inflammatory/low-histamine diet (AILHD) see handout (meet with doctor.)
- (D) Identify provocative lifestyle factors and habits. (meet with doctor.)
- (E) Support hips with angled wedge foam block when seated at home and in the car. (home-based.)

Phase II: DAY 4 add:

- (A) Anti-inflammation diet: morning shake and supplements handout (meet with doctor.)
- (B) Inflammation/allergen elimination: (meet with doctor.)
- (C) Begin TENs treatment daily (home-based.)
- (D) Begin flexion-distraction therapy 20 minutes 2-3 times/week (in-office.)

Phase III: DAY 10 add:

- Motor Patterning:** basic skills for improvement with ADLs, performed daily (meet with doctor.)
- A. Maintain complex efferent motor nerve activation (brain to body.)
  - B. Down-regulate afferent pain nerve activation (body to brain) while up-regulating positional afferent activation (sensory and spatial processing.)
  - C. Stimulate metabolic clearance, spasm reduction, and nerve sheath liberation.
1. Walking: Increase time to 20-30 minutes with intervals of incline/decline terrain:
    - (1) core stabilization (2) trunk rotation (3) cross-over (forward) (4) grapevine (sideways)
  2. In-Line Skills: standing core stability, tall spine, level chin, shoulders back + low, arched foot
    - (1) 'Waddle' low walking lunge: front and rear block
    - (2) 'Sumo Sunrise' (variation: squat): double rear arm blocking without extension
    - (3) 'Monster Walk' (variation: hip-opener): accelerate foot to floor
  3. Stability Skills: slow-controlled movements with standing glute and ab wall completely locked
    - (1) 'Hip Dips' (Trendelenburg) with the affected side x 10 times. Repeat on the unaffected side.
    - (2) 'Knee Arches' with the affected side x 5 times. Repeat on the unaffected side.
    - (3) 'Warrior3 x 5 times. Repeat on unaffected side.
    - (4) 'Double Lunge' (forward-rear) x 10 times. Repeat on unaffected side.

Phase IV: DAY 20 add:

- (A) Swiss ball routines: stretching as instructed ([www.spinesync.org/downloads](http://www.spinesync.org/downloads))