

Patient Instructions for Radicular Leg Pain ('Sciatica'); Treatment Plan

All 4 phases work together from a variety of platforms to get the best results. This program is expected to take 6-8 weeks. Your usual upper-body and core-based exercises should stay consistent throughout the treatment phases 2-3 times per week with variations. Call the doctor to set up an appointment if you are not clear about this program. This treatment plan requires several office visits to discuss/explain/demonstrate the plan, and depends primarily on the involvement and compliance of the patient.

Phase I: First 3 days, then continuing for 6-8 weeks: (requires instruction)

- (A) Self nerve glides: aROM, pROM as instructed (per location and repetitions)
- (B) Walking: each morning to start your day (with or without pain) 10-20 minutes, long-strides
Additional walking is recommended through the day; 10-20 minutes maximum. No jog/run
Pre-treat with Biofreeze or RockSauce to the glute, posterior leg, peroneal muscles.
- (C) Anti-Inflammatory/low-histamine diet (AILHD) see handout, consultation with the doctor.
- (D) Identify provocative factors

Phase II: Starting on the 4th day, then continuing for 6-8 weeks:

- (A) Anti-inflammation diet: morning shake, daily meals, electrolytes, supplements as instructed
- (B) Inflammation/allergen elimination: as outlined
- (C) Begin TENs treatment daily

Phase III: Starting on the 14th day and continuing for 6-8 weeks: (requires instruction)

- (A) Motor Patterning: basic skills for improvement with ADLs; active skills of the 'horseshoe' involved actively engaging the nervous system to:
 - A. Maintain penetration of complex efferent motor nerve activation (brain to body) and Ach production.
 - B. Down-regulate afferent pain nerve activation (body to brain) while up-regulating positional afferent activation.
 - C. Engage metabolic clearance, spasm reduction, and nerve sheath liberation.
- 1. Walking: Increase time to 20-30 minutes with intervals of incline/decline:
 - (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' walking lunge (variation: twist): front and rear block
 - (2) 'Sumo Sunrise' (variation: squat): double rear block 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' with the affected side x 10 times. Repeat on the unaffected side.
 - (2) '3 Knee Arches' with the affected side x 5 times. Repeat on the unaffected side.
 - (3) 'Warrior3' (variation with lateral hip raises) x 5 times
 - (4) 'Double Lunge' (variation: rotation anti-rotation) x 10 times
- 4. Plank Circuit: same parameters as #2
 - (1) Plank Step-Ups (affected side-leg steps up to same-side hand) x 10 times each leg
 - (2) Cross-leg Pike-Plank x 20 times each leg
- (B) Eliminate provocative aROM: active and positional (occupational, sleeping, chronicity factors)
- (C) Walking: increase to 20-30 minutes to include inclines and declines. No jog/run!

Phase IV: Starting when IIIA has been sufficiently achieved (4th-6th week)

- (A) Advanced motor patterning: CoreX System training twice per week as instructed
- (B) Stretching and self-myofascial release: as instructed