



Home Exercises for Sciatic Pain Relief

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Sciatic pain occurs when the sciatic nerve becomes irritated or compressed, often causing pain, numbness, or tingling that travels from the lower back into the hip or leg. The following exercises are commonly recommended to help reduce nerve irritation, improve mobility, and support your chiropractic care plan.

Important: Perform all exercises slowly and stop if pain worsens. These exercises are not a substitute for professional chiropractic care.

1. Knee-to-Chest Stretch

Lie on your back with both knees bent. Gently pull one knee toward your chest while keeping the other foot flat. Hold for 20–30 seconds and repeat 2–3 times per side.

2. Piriformis Stretch

Lie on your back with knees bent. Cross one leg over the opposite knee and gently pull the bottom knee toward your chest. Hold for 20–30 seconds and repeat 2–3 times.

3. Seated Spinal Stretch

Sit upright in a chair with feet flat on the floor. Slowly rotate your torso toward one side. Hold for 15–20 seconds and repeat 2–3 times.

4. Pelvic Tilt

Lie on your back with knees bent and feet flat. Tighten your abdominal muscles to flatten your lower back into the floor. Hold for 5 seconds and repeat 10–15 times.

5. Gentle Hamstring Stretch

Lie on your back and raise one leg while keeping it slightly bent. Gently stretch the back of the thigh. Hold for 20–30 seconds and repeat 2–3 times per leg.

This guide is for educational purposes only and does not replace individualized chiropractic care. If symptoms worsen or include weakness, numbness, or loss of bladder or bowel control, seek immediate medical attention.