

## Sciatica Exercises

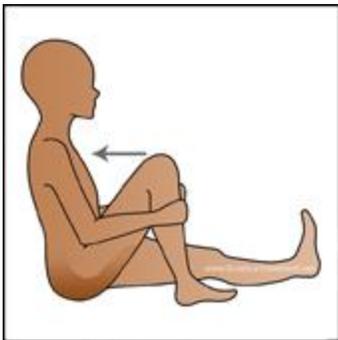
Sciatica is an ailment of the sciatic nerve that runs from the lower back, through the buttocks, and back of the thighs and calf ending at the foot of a person. When this nerve gets disturbed and inflamed due to any reason, it causes acute pain in lower back and leg. Often it is caused due to pressure created by a herniated disk on the sciatic nerve or generally due to some kind of injury to the nerve. Pain in the sciatic nerve can be excruciating at times, which needs serious treatment, even resulting in surgery. However, in milder situations, people prefer to do sciatica treatment, the natural way, by exercising.

You can control sciatica pain by doing some sciatica stretches. These exercises are meant for only one leg and don't require to be repeated for the other leg as well, as in this condition mostly it is either of the legs that get affected. Here is a list of exercises mentioned to help you get relief from Sciatica pain:

### **Sciatica stretch of the Piriformis muscle:**

This tiny muscle is located in the hip region that helps in rotating the hip joint. If this muscle gets irritated, the closely located nerve of sciatic also gets affected. So stretching this muscle helps a lot. For doing this exercise, you need to follow, these steps:

- Sit on the floor and stretch your unaffected leg in a straight line in front of you.
- Then take the ankle of the affected leg and pull it close to your chest.
- Hold this position and count 5.
- Repeat the entire process for 5 times.

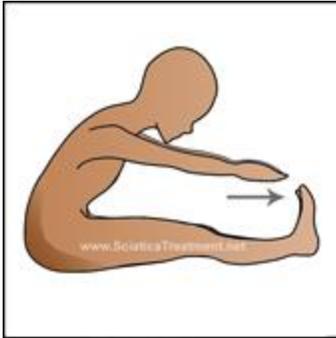


**Hamstring exercises:** This helps to bring respite to the sciatic nerve in the thigh region. There are two exercises in this category:

### **Hamstring Stretch 1:**

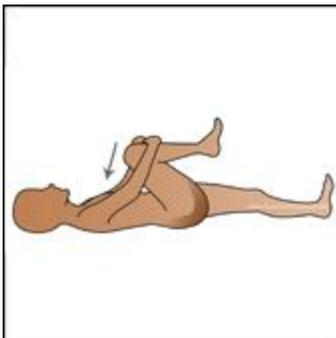
- Sit down with both your legs stretched on the floor.

- By stretching your arms out try leaning in front. Keeping your knees in a straight line, bend from the waist.
- Rest in the same position without bouncing for 10 seconds.
- Go through the entire process 5 times.



### **Hamstring Stretch 2:**

- Lie down of your back on the ground.
- Use your hands to support the thigh behind the knees. Then slowly try to stretch the leg till you feel a gentle stretch at the back of the thigh.
- Try extending the leg at a proper 90-degree angle.
- Initially remain in this position for 10 seconds and gradually increase it to 20 or 30 seconds.
- Go over the entire exercise for 5 times.



You can do these exercises regularly and even twice a day depending on your condition. If required, you can extend the repetitions by 15-20 minutes. All said, it must be kept in mind that before starting these exercises, you must ask your doctor, as to whether these sciatica stretches suit your body and your case or not.

Taken from [www.sciaticatreatment.net](http://www.sciaticatreatment.net)