

ABOUT SCIATICA

HISTORY

Sciatica can be caused by multiple factors, including:

- Disc herniation
- Lumbar spinal stenosis
- Piriformis syndrome
- Degeneration

Risk Factors:

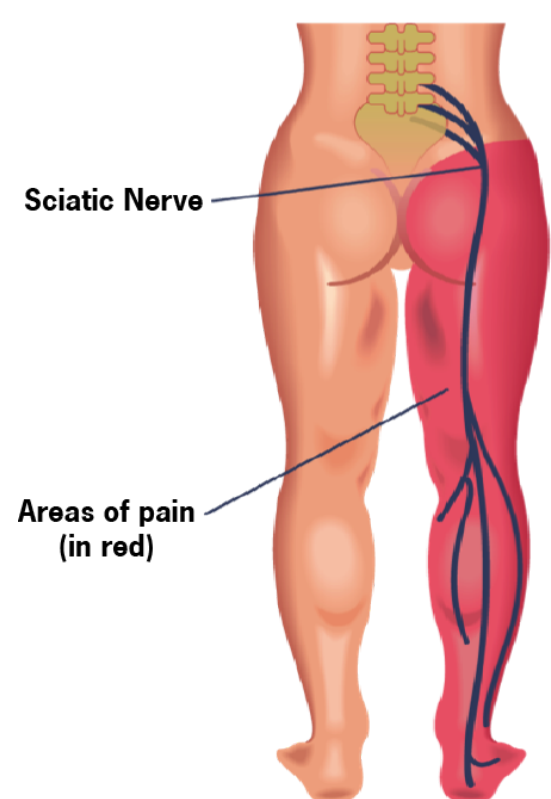
- Older age
- Heavy/repetitive work
- Smoking
- Previous low back injuries
- Mental stress
- Obesity

SIGNS & SYMPTOMS

- Pain and/or numbness radiating on one side from the lower back to the lower leg/foot/toes.
- Pain radiating below knee.
- Could feel like electric shock going down leg.

ANATOMY

The sciatic nerve is the largest and longest nerve in the body. It innervates muscles in your leg and glutes. The nerves originate in the low back, and runs down the leg, and ends in the foot.



1.Pain Management

To perform **nerve flossing**, sit upright in a chair with your feet flat on the floor in front of you. Extend one leg while simultaneously looking down and rounding through the upper back. Hold for a couple seconds, and then return to start position. Perform 5 repetitions for 10 second holds.



2.Mobility

To perform **glute stretch**, lay on your back with your legs straight. Bring one knee up towards your chest, and then guide it across your body with the opposite hand. Be sure the heel of your extended leg remains on the ground. Perform 3 times, holding for 30 seconds each side.



3.Strength

Bird-dog helps to strengthen the back, core, and glute muscles. Start on your hands and knees, with your core muscles engaged. Keeping your back flat and core engaged, extend your arm and opposite leg straight. Return to start position, and then repeat on the opposite side. Perform 8 times each side for 3 sets.



4.Functional/Sport

To perform **single leg deadlift**, stand with feet hip with apart and a weight in both hands in front of you. Moving at the hips, bend forward, keeping the weight in line with your shoulder, your supporting leg straight, and your back leg in line with your back. Perform 8 reps for 3 sets.



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