

sciatica

easy stretches for home

side lean



Cross R leg behind L leg.
Stretch arms above head and lean to R side.

lunge



Lunge forward with L leg. Tighten buttock.
Lean forward to feel stretch down front of R leg.
Keep hips still and back straight.

mid back twist



Place R foot on outside of L knee.
Place L arm over R knee. Twist body towards R
and look over R shoulder.

knee to chest



1. Double Knee: Bring both knees to chest while pushing tailbone to ground.
2. Single Knee: Keep shoulders on floor. Extend R leg. Interlock hands between L leg, pull towards chest.

smart tips...

- Stretch gently and slowly
- Keep breathing
- Hold each stretch for 15 seconds
- Do not bounce stretches
- Stretch to the point of tension not pain
- Perform each stretch at least every 2 hours
- Repeat all stretches to left and right
- Ongoing pain should always be assessed by a qualified therapist

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hip stretch



Bring R foot to L bent knee. Interlock fingers between L leg. Pull knee to chest and while gently pushing R leg away from body.

leg across body



Extend arm out at shoulder height with palm down
Move L leg across body towards opposite shoulder.
Keep both shoulders on the floor.

symptoms of sciatica

Sciatica is pain and abnormal sensations in the low back, buttock, thigh, leg and foot and usually on one side of the body. Pain is caused when the sciatic nerve which travels from the low back down the back of the leg is compressed or impinged.

Symptoms can include:

- burning pain
- shooting pain
- cramping sensations
- tingling or pins and needles
- soreness and aching

cat stretch



Place legs and arms shoulder width apart. Arch back slowly and relax head downwards. Raise head to neutral and slowly lower abdominals arching back.

leg under body



From kneeling, straighten L leg behind.
Move hips so R knee is in centre of body.
Place pressure so you feel stretch in R bottom



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child's pose



With knees shoulder width apart, outstretch arms forward. Bring buttocks to feet and chest to knees.