

sciatica stretch guide

mid back twist



Cross R leg over L leg. Place LH on R knee. Rotate body to look over R shoulder.

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

side reach



Hold chair between legs with LH. Reach RH over head. Lean body to L. Keep body straight.

knee to chest



Lift L knee to chest. Pull leg to chest keeping back straight.

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

FOR MORE INFORMATION CALL BODYSMART

knee across chest



Cross R ankle next to bent L knee. Pull R knee towards L shoulder. Keep back straight.

hip stretch



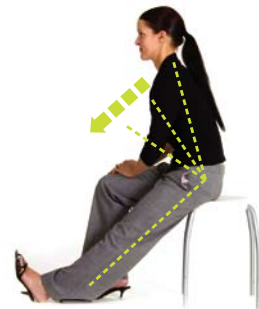
Place R foot on L knee. Lean forward towards R knee. Keep back straight. Push RH down on R knee.

self massage



Sit on a stable chair. Place a tennis ball under buttock. Move affected area slowly over tennis ball for 2-3 minutes. Grasp tennis ball and roll ball over hip area. Apply pressure through tennis ball.

hamstring



Straighten L leg and bend R leg. Place hands on R knee. Bend forward at hip keeping back straight.

rest breaks

Sitting in one position for long periods of time causes muscles to become tight and reduces blood circulation. Taking a break for 2-3 minutes every 30 minutes helps to counteract this. This can be done by fidgeting (tapping your feet), standing to answer the phone, getting a glass of water, changing your sitting position or sitting on a duraDisc to increase blood flow to the buttocks (available through Bodysmart). Movement allows muscles to loosen, enabling better blood flow and thus more efficient removal of toxins and waste products from the muscles.



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seating

A chair is the most important piece of equipment in the workplace. A thick padded base will decrease pressure on the sciatic nerve in the buttocks. A three finger gap between the edge of the chair base and the back of the knees will also take pressure off the nerve. Buttocks should be as far back as possible in the chair and maximum contact with back rest maintained. Adjust the chair so that lumbar support is in the small of back. Knees and hips should be parallel to ground with feet flat on the floor or footrest to decrease pressure on lower back. Ergonomic chairs and footrests can be purchased from the Bodysmart website. bodysmart.com.au