

# **Sciatic Nerve Pain Exercise and Stretch Program Pictures**

**Day 1: 1-3**

**Day 2: 3-6**

**Day 3: 6-8**

**Day 4: 9-11**

Day 1

Pelvic Tilts



Cat-Cow Stretch



Sciatic Nerve Glide



Supine Hamstring Stretch



Bridge with hold



Prone Press-up



Glute massage with ball or foam roller



Seated Piriformis Stretch



## Day 2

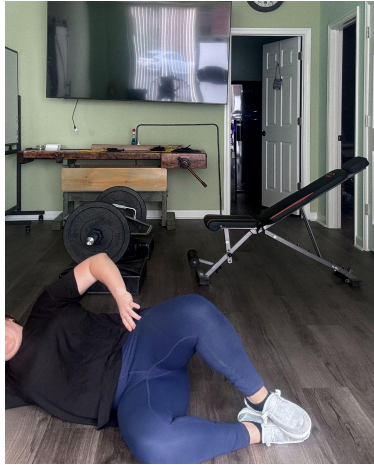
Dead bug



Bird dog



Clamshells



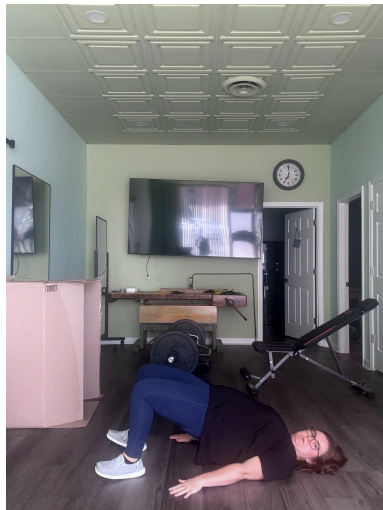
Standing hip abduction



Lying figure-4  
Piriformis Stretch



Bridge with hold



Standing hip  
extension



Standing External  
Rotation with Band

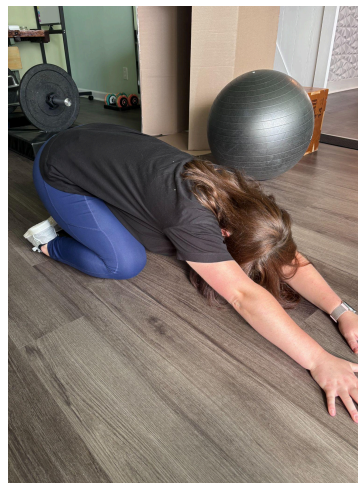


Day 3

Sciatic Nerve  
Mobilization



Child's Pose - 3 way





Kneeling Hip Flexor Stretch



Hamstring Stretch on Chair



Pelvic Tilts



Prone Press-Up



Glute massage with foam roller or ball



Day 4

Bridge with March



Side Plank



Chair Squat



Sidelying Hip Abduction



Calf Stretch (wall or chair)



Chair Hamstring Stretch



Standing Hip Extension



Fire Hydrants



Seated Figure-4 Stretch

