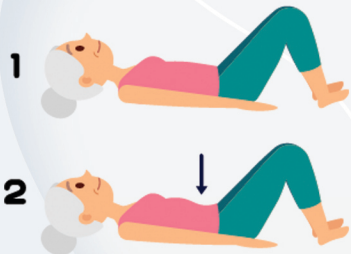




SCIATICA EXERCISES FOR SENIORS

Pelvic Tilt



1. Lie on your back on a firm surface, such as a yoga mat on the floor. If this is not possible for you, a pelvic tilt can also be done on a firm mattress.
2. Bend your knees, keeping your feet hip width apart, with your toes pointed forward. Rest your arms at your sides, and let your head rest comfortably.
3. Tuck the pelvis toward your upper body, while pressing your lower back into the floor or your mattress. You'll likely feel a tensing of the abdominal muscles. If it's hard to activate the muscles required to mobilize the lower back, think about pulling your pelvis toward your forehead, with the idea of your body forming a "C" shape.
4. Hold for 5-10 seconds, and release. Repeat 10 times.

Supine Lower Back Stretch



1. Lie on your back on a firm surface, such as a yoga mat. The supine lower back stretch does not work well on a mattress, as you need firm support.
2. Bend your knees, keeping your legs together and your feet flat on the ground.
3. Allow your knees to fall to the right side of your body, keeping a 90-degree angle.
4. As your knees rest to your side, straighten your upper body, and work to keep both shoulders on the ground.
5. Extend your left arm, allowing your upper body to fully expand as your knees remain on one side.
6. Hold for 5-10 seconds. Repeat on the other side of the body. Repeat 10 times.

Knee to Chest Stretch



1. Lie on your back, arms resting comfortably at your sides.
2. Bend the knee of one leg, drawing it toward your chest. You should feel tension in the hip joint as you do this. Pull in enough to feel the stretch, but not that you feel pain. Remember to keep breathing through the stretch, even though your abdominal area may be slightly compressed due to the positioning of your leg.
3. Hold for 5-10 seconds, repeat on the other side. Repeat 10 times.

SCIATICA EXERCISES FOR SENIORS

Bridge



1. Start on a firm surface, such as a yoga mat on the floor or a sturdy couch.
2. Bend your knees and plant your feet hip width apart, with your toes pointing forward. Arms, head, and neck should all be relaxed.
3. Keep your feet flat on the floor and push up through your heels, raising your hips toward the ceiling. Your head, shoulders, arms, and heels are the only parts of your body contacting the ground during the stretch. Work to create a straight line from your knees to your shoulders. Be sure to keep your shoulders flat on the ground – you shouldn't feel pressure on your neck.
4. Hold for 5-10 seconds, working to contract the glutes and hamstrings at the top of the stretch. Repeat 10 times.

Seated Hamstring Stretch



1. Sit normally in a chair, or on the edge of a couch or bed.
2. Straighten one leg while keeping the other leg bent.
3. Flex the foot of the straight leg toward the ceiling.
4. Gently lean the upper body forward, bending at the waist. Be careful not to round the shoulders. If you do not feel the stretch by leaning forward, extend your arms toward your flexed toe. Remember, it's most important to perform the stretch correctly – not to reach as far as you can go. Only bend into the stretch as far as feels challenging yet comfortable. Your range of motion can differ from day to day.
5. Hold the stretch for 5-10 seconds, repeat on the other side. Repeat 10 times.

SCIATICA EXERCISES FOR SENIORS

Reclining Pigeon Pose

1. Lie on your back on a comfortable surface, with your arms resting comfortably at your sides.
2. Bend your knees.
3. Lift one leg, keeping the knee bent.
4. Place the ankle of the lifted leg over the knee of the opposite leg. For some people, this provides enough of a stretch that nothing more is needed. If this position is challenging for you, feel free to hold the stretch here.
5. Reach forward with both hands toward the leg that isn't lifted. Clasp your hands either under the thigh or on the shin, depending on your comfort and flexibility.
6. Allow the tension of your arms/clasped hands to pull your legs toward your body, allowing your foot that was resting on the floor to float into the air. You should feel the stretch in the hip/ glute area of the leg that you initially lifted.
7. Hold the stretch for 5-10 seconds, repeat on both sides. Repeat 10 times.

