



How to use this sheet. Do the exercises slowly. Stop before the pain builds — mild discomfort is fine, sharp pain is not. A little every day beats a lot once a week.

1 Sciatic nerve glide



Sit tall. Straighten one knee and pull the toes up, then bend it back. Move gently — this is a glide, not a stretch.

10 times

3 times a day

✓ Should feel

A gentle pulling down the leg

✗ Should not feel

Sharp or lasting increase in leg pain



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Nallasopara West 87665 22099 · 12–2 pm, 7.30–9.30 pm

Virar East 92702 84859 · 5.30–7.30 pm

Monday to Saturday · Sunday by prior appointment only

2

Knee to chest



Lie on your back and bring one knee gently up towards your chest.

Hold 15 seconds

5 each side

✓ **Should feel**

A stretch in the buttock

✗ **Should not feel**

Increased leg pain



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3

Prone press-up



Lie face down. Push your upper body up on your elbows, keeping the hips down.

10 times

Only if it EASES the leg pain

✓ Should feel

Leg pain moving UP towards the back — this is good

X Should not feel

Leg pain travelling further down — stop



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4

Hamstring stretch



Put one heel on a low step, keep the knee straight and lean forward from the hips.

Hold 20 seconds

3 each side

✓ Should feel

A stretch behind the thigh

✗ Should not feel

Shooting pain into the calf or foot

Stop and telephone us if

- You cannot pass urine, or you leak without knowing — **GO TO HOSPITAL NOW**
- Numbness between your legs or around the back passage — **GO TO HOSPITAL NOW**
- Weakness in the leg or foot that is getting worse
- The pain is spreading to both legs



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