



## Sherborne chiropractic

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Exercise plan:

**Hip, Low back & Sciatica Exercises**

Patient:

**Patient Patient**

Date:

**15th Feb 2018**

### Glute Stretch Supine 1

Lie on your back, and bring your knee towards your opposite shoulder to feel a stretch in your bottom. Tip: changing the angle you take the leg will change the position of the stretch and you can play around with the position to find the stretch that feels most effective for you.



**Perform 2 times daily | Repeat 1 times | Hold for 15 seconds | Perform both sides**

Video: <http://youtu.be/6ovFfq2UNxc>

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### Glute Stretch Supine 2

Lie on your back, and bend your knee to 90 degrees (i.e. pointing straight up). Place your ankle across your knee. To make the stretch stronger, pull your ankle towards you, while pushing away with the opposite knee (the side getting stretched). You should feel a stretch in your bottom.



**Perform 2 times daily | Repeat 1 times | Hold for 15+ seconds | Perform both sides**

Video: <http://youtu.be/DxHx-Dmlm20>

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### Glute Stretch Supine 3

Lie on your back, and bend your knee to 90 degrees (i.e. pointing straight up). Place your ankle across your opposite knee and pull your knee towards your chest to feel a stretch in your bottom. You can also use a towel to assist you.



**Perform 2 times daily | Repeat 1 times | Hold for 10+ | Perform both sides**

Video: <http://youtu.be/zpaExOK4S8M>

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## Glute Stretch Sitting



Place your ankle across your opposite knee, and pull your ankle upwards while pushing downwards on your knee (of the side being stretched). You will feel a stretch in your bottom.

**Perform 2 times daily | Repeat 1 times | Hold for 15+ seconds | Perform both sides**

Video: <http://youtu.be/6CDnxMFSq7k>

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## Sciatic Nerve Stretch 1 / Slump Stretch



Sit with good posture, and straighten your affected leg. Bend your ankle backwards towards you. You may also drop your head forwards, and round your posture to create a stronger stretch. You will feel the stretch in the back of the leg (hamstring and calf), and possibly the lower back too.

**Perform 2 times daily | Repeat 3 times | Hold for 5 seconds | Perform both sides**

Video: <http://youtu.be/BjYUkAwpRsY>

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## Sciatic Nerve Glide Floss 3



Sit with good posture, and straighten your affected leg and bend your ankle towards you, as you extend your neck. Then bring your neck towards your chest as you relax the ankle. This will glide the sciatic nerve.

**Perform 2 times daily | Repeat 3 times | Hold for 5 seconds**

Video: <http://youtu.be/HkXkUjffCYw>

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Dear Patient, please stop any exercise that causes pain. If you have any questions with an exercise, just email us on [Info@sherbornechiropractic.com](mailto:Info@sherbornechiropractic.com). Good luck and keep with it!