



**OSTEOPATHY
SPORTS MASSAGE**

GD Osteopathy & Sports Massage

61a Southbury Road
Enfield
EN1 1PJ

Phone: 0800 612 6212
Email: glen@gdosteopathy.co.uk
Website: www.gdosteopathy.co.uk

Exercise plan:

Sciatica Excretas (strength and suability)

Patient:

Sciatica Excursus



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Finding Neutral

Lie on your back with your feet and knees hip distance apart, with your arms by your side. Place your thumbs and index fingers together to form a diamond shape, and place it over your lower abdomen. Your fingers touch your pubic bone, and the base of your thumbs rest next to your belly button. Find neutral by tilting your pelvis and make sure your diamond is parallel to the floor.

Sets: 5 | Time: hold 10sec

Lower Abdominal Strength 1

Lie flat on your back, with your knees bent, and hand under your lower back. Contract your deep abdominal muscles by drawing your belly button towards the floor, and flattening your back against your hand. Hold the pressure against your hand for 10 seconds, and then relax. Try to breathe normally throughout the exercise. This is a lower abdominal and deep core strengthening exercise.

Sets: 5



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Lower Abdominal Strength 2

Lie flat on your back, with your knees bent, and hand under your lower back. Lift one leg so your knee is pointing towards the ceiling. Contract your deep abdominal muscles by drawing your belly button towards the floor, and flattening your back against your hand. Hold the pressure against your hand while you lower the leg to the floor, and back to the start position. Do not let the back arch. Try to breathe normally throughout the exercise. This is a lower abdominal and deep core strengthening exercise.

Sets: 5 | Time: hold 10sec | Both sides



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Supine Bridge Basic



Lie flat on your back, with your knees bent, squeeze your bottom muscles and lift your body upwards. Keep your arms by your side and use them to help you balance. Make sure you maintain good posture (do not over-arch your lower back) and contract the deep abdominal muscles by squeezing your tummy towards your spine. This exercise helps to strengthen the abdominal, lower back, gluteal and hamstring muscles.

Sets: 5 | Time: hold 10sec

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3 Point Kneeling One Knee

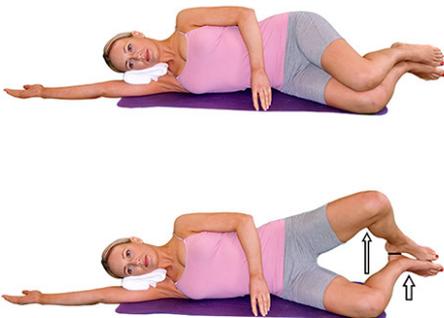


Adopt a 4 point position on your hands and knees. Maintain good posture, and gently contract the deep abdominal muscles by drawing your belly button in (towards your spine). Lift one knee 2-3 cm from the floor. This exercise strengthens the deep core muscles.

Sets: 5 | Time: hold 10sec | Both sides

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Oyster / Clam 2



Adopt the sidelying start position on your right side, and lengthen your right arm out underneath your head, in line with your spine. Lengthen your left waist curve, so your side does not collapse into the floor. Place your left hand in front of your chest flat on the floor, bending your elbow to support you. Bend both knees in front of you, drawing your feet back in line with your pelvis. Float both feet 2 inches above the floor keeping your heels connected. Inhale to prepare, and exhale as you open your top knee, keeping your feet connected. Inhale as you control your leg back to the start position.

Sets: 2 | Repetitions: 15 | Both sides

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Curl Ups



Adopt the supine start position. Inhale to prepare. Exhale as you lengthen the back of your neck and nod your head forward, curling your upper body. Keep the back of your lower ribcage in contact with the floor, with your head relaxed into your hands. Do not allow your abdominals to bulge, and keep your pelvis neutral. Exhale, as you slowly return back to the starting position. Repeat as required.

Sets: 2 | Repetitions: 15

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Oblique Curl Ups



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Adopt the supine start position. Inhale to prepare. Exhale as you lengthen the back of your neck and nod your head forward, curling your upper body while twisting from the mid back directing the shoulder towards your opposite hip. Keep the back of your lower ribcage in contact with the floor, with your head relaxed in your hands. Do not allow your abdominals to bulge, and keep your pelvis neutral. Inhale to hold, exhale as you slowly return back to the starting position. Repeat as required.

Sets: 2 | Repetitions: 15 | Both sides

1. Discontinue any exercise that causes you pain or discomfort
2. Pace yourself. These are gentle exercises try not to strain
3. Breathe slowly and deeply and don't hold your breathe
4. Stretch slowly and gently instead of bouncing
5. Muscle soreness usually only lasts for the first 3-4 days