



GD Osteopathy & Sports Massage

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**OSTEOPATHY
SPORTS MASSAGE**

Exercise plan:
Sciatica Excursus (Stretches)

Patient:
Sciatica Excursus



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Lumbar Rotation

Lie on a bed or a floor. Bend your knees, and keeping your feet flat on the bed or floor, rotate your hips to one side creating a rotation through your lower back. Only go as far as feels comfortable, you do not need to get your knees to the floor. Return to the opposite side. This is an excellent lower back mobility exercise, especially if you have acute lower back pain or disc problems.

Sets: 2-3 | Time: hold 30sec | Both sides

Single Leg Back Stretch

Lie flat on your back, and bend your knee towards your chest. Hold this position and feel a gentle stretch in your back. If you get any groin pain while doing this exercise, stop and inform your therapist. Relax, and then repeat as necessary.



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Sets: 2-3 | Time: hold 30sec | Both sides

Hamstring Stretch 9 Bent Knee

Lying down on your back. Bring your hip to 90 degrees, or further. Keep some bend in your knee, and then gently pull your leg towards you to feel a stretch behind your thigh (in the hamstring muscles).



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Sets: 2-3 | Time: hold 30sec | Both sides

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.

Sets: 2-3 | Time: hold 30sec | Both sides



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Back Extension Gentle

Lie on your front, and rest on your forearms. Your back will be gently arched. Hold this position. Start gently with this exercise as it can cause some stiffness when you first begin.

Sets: 2-3 | Time: hold 30sec



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Hip Flexor and Quad Stretch

Stand up with good posture, and bend your knee so your foot goes towards your butt. Extend your hip behind you, to create a stretch to the front and top of your thigh. You may need to hold on to a table for support. This exercise will help to stretch your hip flexor (psoas and rectus femoris muscles), and quadriceps muscle group.

Sets: 2-3 | Time: hold 30sec



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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