

# BREAKSPEARE CLINICS Personal Exercise Programme

## Exercises for Sciatic Pain

Breakspeare Clinic- Milton-Under-Wychwood  
Breakspeare Clinic- Cheltenham  
Breakspeare Clinic- Didcot

Provided by Paul Wray  
Provided for  
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Lying face down, leaning on your elbows/forearms.



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Arch the small of your back by pressing your pelvis and stomach to the floor. Now bend your upper back upwards, keeping forearms on the floor.

Hold approx. 60 -        secs.

Repetitions 2 - 3 /set

Sets 1

Times/day 2 - 3 times

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Lying face down with both your hands at shoulder height.



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Straighten your elbows and push your upper trunk as far up as you can. Keep your pelvis and legs relaxed. Make sure the front of your pelvis remains in contact with the floor. Take 2-3 deep breaths in this position then lower yourself back to lie flat.

Repeat 6 - 10 times.

Daily 2 - 3 times

Sets 1 -       

Hold for 2 - 5 sec

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## Gluteus Stretch



Lie on your back with your legs bent. Place one ankle over the knee of the other leg. Maintain the stretching position while breathing smoothly. Return to the starting position.

**Progression:** Grasp behind the thigh of the leg on the floor and pull it closer to your chest. Maintain the stretching position while breathing smoothly. Return to the starting position.

Note: You may rest your head on a pillow or on the floor.

Hold for 30 - 45 seconds.

Repetitions 3 /set

Times/day 1 - 2 times

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## Lower Back Flexion/Extension



On your hands and knees, hands under your shoulders and knees under your hips.

Maintaining neutral position in your upper and mid back, round and arch your lower back by tilting your pelvis.

Repeat 10 times.

Sets 1

Hold for 2 - 3 sec

Times/day 1 - 2 times

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## Neural Mobilising Exercise for Sciatic Nerve



Stand with the leg to be stretched on a chair/stairs, heel on seat/step

Stand upright with your back straight, **push the foot forwards and pull it backwards** . **Do not hold foot position (as shown in the video!)**

Repeat 15 - 20 times. (Foot movement)

Sets 1 - 2

Daily 1 - 2 times

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## **Pelvic Tilts**



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Lying on your back with knees bent.

Tighten your stomach muscles by pushing your back down and curving your bottom up - relax. Continue the exercise by pushing your bottom down and tightening your back muscles to arch your lumbar (lower) spine up - relax.

Repeat   10   -   15   times.

Sets   1  

Hold for   2   sec

Times/day   1   -   2   times

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## **Bridge**



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Lie on your back with legs bent.

Squeeze your buttocks, roll your pelvis off the floor and straighten your hips. Hold and in a controlled manner return to the starting position.

Repeat   8   -   12   times.

Sets   1   -   2  

Hold for   2   -   3   sec

Times/day   1   -   2   times

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