

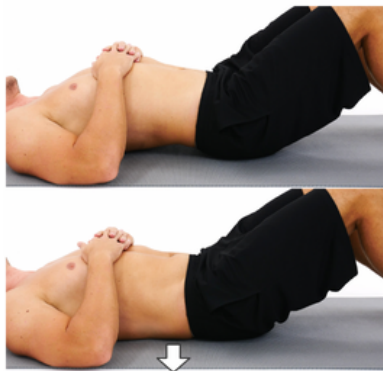
Phase I Program

learn

3 Exercises for Sciatica

Phase. I

*Developed by Dr.Solomon
Normatov, DPT*



PELVIC TILT - SUPINE

Lie on your back with your knees bent. Next, arch your low back and then flatten it repeatedly. Your pelvis should tilt forward and back during the movement. Move through a comfortable range of motion.

Repeat 10 Times
Hold 3 Seconds
Complete 2 Sets
Perform 1 Times a Day

PIRIFORMIS STRETCH

While lying on your back with both knee bent, cross your affected leg on the other knee.

Next, hold your unaffected thigh and pull it up towards your chest until a stretch is felt in the buttock.

Repeat 5 Times
Hold 15 Seconds
Perform 1 Times a Day



PRONE ON ELBOWS - POE

Lying face down, slowly press up and prop yourself up on your elbows. Hold, lower back down and repeat.

Repeat 10 Times
Hold 10 Seconds
Complete 2 Sets
Perform 1 Times a Day



Free Bonus

**15- Minute
Discovery Call
to Learn More**

**Get
in
Touch**