

Phase 1

GOOD FOR:

- Alleviating nerve pain radiating down the low back, hip, and leg
- Relieving muscle tension
- Warm-up for phase 2 and 3 exercises

GUIDELINES:

- Perform every day
- Tools: foam roller, massage ball

Add phase 2 when you have no pain at rest and no more than mild pain (3/10) with the exercises

Phase 1

SOFT TISSUE MOBILIZATIONS:

- Spend 1–2 minutes on each area
- Perform in any order on both sides
- Stop on tender points for 10–20 seconds

glute/piriformis mobilization

Sit on a foam roller and lean to one side, putting your weight over your glute muscles. Roll throughout the gluteal region: up, down, and side to side. To increase the pressure, stretch the muscles by crossing your leg over your opposite knee. For more precise pressure, use a large or small massage ball. Be cautious with this exercise and do not apply too much pressure if you have nerve pain that travels into the buttock and back of the leg.



quad mobilization

Lie on your stomach with your weight supported on your forearms or hands and one leg positioned over the roller with your toes pointed toward the floor. Supporting your weight with your grounded foot and arms, roll up and down to mobilize the quadriceps muscles on the front of your thigh—from hip to knee. Bend and straighten your knee to dynamically mobilize the muscles and femoral nerve.



lateral quad mobilization

The setup and execution are the same as in the quad mobilization: use your arms and grounded leg to control the pressure, roll up and down the entire thigh (from hip to knee), and stop on tender or stiff spots and bend and straighten your leg. But instead of mobilizing the front of your thigh, you target the lateral quadriceps along the outside of your leg.



calf mobilization

Sit on the floor with your calf positioned over the roller. Push off the floor with your hands and grounded foot (lifting your hips off the floor) to roll up and down your lower leg from ankle to knee.



Stop on any tender or stiff spots and move your foot (flex, extend, and rotate from side to side).

calf mobilization

To increase the pressure, stack your other leg on top.



hamstring mobilization

Sit on a bench or chair and place a large or small massage ball under your hamstring muscles. Roll up and down the entire length of your hamstring.



hamstring mobilization

Flex and extend your knee to dynamically mobilize the muscles. Be cautious with this exercise and do not apply too much pressure if you have nerve pain that travels into the buttock and back of the leg.

