

Phase 2

GOOD FOR:

- Reducing nerve sensitivity
- Improving hip and lumbar flexion and extension range of motion
- Warm-up for phase 3 exercises

GUIDELINES:

- Perform every day
- Tools: stretch strap, balance pad

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

knee to opposite shoulder

Lie on your back and bring one knee toward your chest. Interlock your fingers over your lower knee and upper shin. Keeping your low back flush with the floor, use your arms to pull your knee across your body toward your opposite shoulder.



hamstring stretch with strap

Hook a strap around your foot. Keeping your leg completely relaxed, use your arms to pull your foot toward your head and hold it in place once you feel a moderate stretch.



hip flexor stretch

In a kneeling position, squeeze your abdominals and glutes to rotate your pelvis backward (posteriorly). Keeping your back neutral, shift your body forward slightly until you feel a stretch on the front of your hip and leg. To increase the intensity of the stretch, bend your knee and grab your ankle.

You can also prop your foot on a bench or chair or position your shin flush against a wall. If you are kneeling on a hard surface, use a balance pad or cushion to protect your knee.



lumbar flexion (choose one)

Be careful with or skip the lumbar flexion exercises if they make your back or nerve pain worse.

lumbar flexion (knees to chest)

Lie on your back and bring your knees to your chest. Cup your hands around your upper shins and use your arms to pull both knees closer to your chest, stretching your low back into flexion. Pause at end range (holding for a few seconds or longer) release the stretch, and then repeat.



lumbar flexion (chest to knees (child's pose))

Get into the quadruped position. Keeping your palms on the floor, drop your butt toward your heels and lower your head through your arms.



lumbar extension

Be careful with or skip the lumbar extension exercises if they make your back or nerve pain worse.

lumbar extension

Lie on your stomach with your forearms positioned underneath your shoulders. Keeping your back relaxed and your hips on the floor, push through your forearms (or climb up to your hands) and arch your back as far as you can without pain. Pause at end range (holding for a few seconds or longer) then go back to the start position and repeat.



sciatic nerve mobilization with strap

Lie on your back and hook a strap around your foot. Use your arms to lift your leg to the point where you feel tension or a stretch in the back of your leg.

Alternate between pointing your foot and lifting your head (image 1) and flexing your foot toward your body (dorsiflexion) and laying your head back down (image 2).

