

# Phase 3

## GOOD FOR:

- Reducing nerve sensitivity and preventing future flare-ups
- Improving glute and hip strength

## GUIDELINES:

- Perform 3 or 4 days a week
- Tool: resistance loop

Once nerve sensitivity calms down, add phase 3 exercises from the Low Back Pain protocol

# Phase 3

## MOBILITY EXERCISES:

- Do 3 sets of 10–15 reps
- Active range of motion (AROM) (move as far as you can without pain)
- Pause at end range for 2–3 seconds

## slump sciatic nerve mobilization

Sit on a stool or table so that your feet are off the floor. Slouch your shoulders and round your back. Slowly straighten one knee until you feel tension or a stretch in the back of your leg. Alternate between pointing your foot and looking down and lifting your foot and extending your neck (looking forward).



## femoral nerve mobilization

While standing, bend your knee and grip the outside of your ankle. Alternate between bringing your knee forward and your head down and pulling your leg back and lifting your head up.





# Phase 3

## RESISTANCE EXERCISES:

- Do 3 sets of 10–15 reps
- Push sets to fatigue
- Add load or reps to make the exercises more challenging

### bridge

Lie on your back with your knees bent and feet flat on the floor. Push into the floor and lift your butt, fully extending your hips (a straight line runs from your shoulders to your knees). Squeeze your glutes as you reach full hip extension and pause in the top position for 1–2 seconds.



## side-lying hip abduction

Lie on your side, rotate your hips toward the floor slightly, and internally rotate your top leg so that your big toe is angled toward the arch of your bottom foot. Lift your top leg up and at a backward angle. Reduce the range of motion if you start to arch your back excessively. **Add a resistance loop above your knees to make the exercise more challenging.**



## side-lying hip abduction

Wrap a resistance loop above your knees. Position your feet shoulder width apart and bend your hips and knees slightly. Take a wide lateral step so there is a full stretch in the band. You can either walk along a line and then switch after a given number of steps or stay in one area by switching back and forth between legs. Choose a distance or rep range that is challenging (you feel your upper glutes burn) usually 15–20 steps in each direction.

Don't pause between steps, and keep tension in the band during the entire movement.



## side-lying hip abduction



## clamshell

With the resistance loop above your knees, lie on your side with your hips bent to about 45 degrees, knees bent to about 90 degrees, and feet and legs stacked. Lift your top knee as far as you can without rotating your spine.

