

Home Exercise Program Login Instructions

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Learn about your condition

Gain a deeper understanding of your condition and the road to health recovery.

Track your progress

Keep track of your activity and progress throughout treatment and post care.

Clinician Notes

This exercise program is for sciatica caused by disc compression. The exercises should be completed within a low pain threshold, typically less than 5/10 on your self rated pain scale is acceptable. No sharp shooting pain should be experienced during the exercises. Aching after exercise may occur but should reduce after a few hours.

Your physician may recommend only completing specific exercises within this routine depending on your condition/diagnosis.

STEP 1



STEP 2



Prone Press Up on Elbows

REPS: 8 | SETS: 1 | HOLD: 10S | DAILY: 2 | WEEKLY: 7

Setup

Begin lying on your stomach, resting on your elbows low to the ground.

Movement

Push up on your elbows, bending your back upward.

Tip

Make sure to keep your hips in contact with the floor and maintain a gentle chin tuck throughout the exercise.

STEP 1



STEP 2



Supine Bridge with Spinal Articulation

REPS: 8 | SETS: 1 | DAILY: 2 | WEEKLY: 7

Setup

Begin lying on your back with your knees bent and your feet flat on the floor.

Movement

Slowly lift your hips off the ground into a bridge position, concentrating on lifting one vertebra off the ground at a time. Then reverse the movement to lower yourself back down, one vertebra at a time.

Tip

Make sure to keep your movements slow and controlled. Keep your abdominals tight as you move into the bridge.

STEP 1



STEP 2



Bridge with Upper Back on Swiss Ball

REPS: 8 | SETS: 1 | DAILY: 2 | WEEKLY: 7

Setup

Begin sitting on a ball with your feet on the floor.

Movement

Walk your feet out away from the ball so that you are in a bridge position with your hips and shoulders parallel to the floor. Maintain this position.

Tip

Make sure to your hips stay level as you roll out on the ball, and keep your abdominals tight throughout the exercise.

STEP 1



STEP 2



Neutral Curl Up with Straight Leg

REPS: 5 | SETS: 1 | HOLD: 5-20S | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your back with one leg bent, your other leg straight, and your hands under your low back.

Movement

Curl your upper body off the floor, hinging at the bottom of your shoulder blades. Lower your shoulders back to the ground and repeat.

Tip

Use your hands to monitor the small natural arch in your low back. Make sure to keep your neck relaxed.

STEP 1



STEP 2



Standing Back Extension at Wall

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin standing with your hands resting on a wall in front of you.

Movement

Slowly bend backward, pushing against the wall and arching your low back, then return to the starting position and repeat.

Tip

Make sure to keep your knees straight and maintain your balance during the exercise.

STEP 1



Hamstring Stretch in Doorway

REPS: 1 | SETS: 1 | HOLD: 90S | DAILY: 1 | WEEKLY: 7

Setup

Begin lying down with one leg through a doorway

Movement

Place your leg on the wall of the doorway, keeping it as straight as possible. You should feel a stretch in the back of your leg.

Tip

Move your bottom closer to the wall to feel more of a stretch or further away to decrease the stretch.

STEP 1



STEP 2



Primal Push Up

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin on all fours, with your arms directly under your shoulders and feet resting on the ground.

Movement

Slowly raise up to your toes, lifting both knees off the floor and keeping your back straight.

Tip

Make sure to maintain a gentle chin tuck during the exercise and do not let your trunk twist.

STEP 1



STEP 2



Supine Transversus Abdominis Bracing with Double Leg Fallout

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your back with your knees bent, feet resting on the floor, and your fingers resting on your stomach just above your hip bones.

Movement

Tighten your abdominals pulling your navel in toward your spine and up. You should feel your muscles contract under your fingers. Hold this position, then let both knees drop slowly toward the floor. Bring them back to the starting position and repeat.

Tip

Make sure to keep your abdominals tight as you lower your legs. Do not hold your breath during the exercise.

STEP 1



STEP 2



Hooklying Lumbar Traction

REPS: 8 | SETS: 1 | DAILY: 2 | WEEKLY: 7

Setup

Begin lying on your back with your knees bent and feet resting flat on the floor. Place your hands on the tops of your thighs, close to your hips.

Movement

Slowly press down on your thighs, extending your elbows, until you feel a gentle relief in your low back.

Tip

Make sure to slowly increase pressure and stop if you feel an increase in pain.