


Get Rid Of Sciatic Nerve Pain Guide
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Hi my friend, I'm so glad you are here! It's time to take action and feel better. Sciatic Nerve pain is a bad injury for anyone to deal with, especially for active people who need their bodies to be working correctly to do what we love the most, our sports! Sciatic Nerve Pain can go on for years and interfere with your life. It can cause muscular imbalances that result in other injuries or become chronic pain you deal with on a daily basis. It doesn't have to be that way. You CAN get rid of the pain and we are here to help you take action in feeling better in your body again.

Here are your daily exercises you can do to help your body get rid of sciatic nerve pain. Start with this program once a day and notice how you feel. Remember : You want the pain in your leg to move upward towards the lower back. If your pain moves up, this is a good sign. Do not do the exercise if it causes your pain to increase in the leg. If your pain moves down the leg, this is a bad sign and you should seek medical help and stop doing the exercises. But if your pain moves UP then its proof these exercises are working and your body likes what you are doing!

We hope this daily exercise routine will get you started with a successful sciatic nerve recovery. This is just the beginning of sciatic nerve recovery, there is so much more we can do together once you are ready. Get started with this and then stay tuned for our full Sciatic Nerve Pain Program to help you heal your body for good. [And dont forget to join our free Sciatic Nerve Pain Support group here so that you can connect with others who are moving forward in healing.](#)

Sciatic Nerve Pain Daily Exercises

Exercise	Photo
<p>Press-ups</p> <p>Start with your hands under your shoulders.</p> <p>Press up by straightening the elbows while keeping your lower back and buttocks relaxed.</p> <p>Perform the exercise as far as you comfortably can, and pause for one second, making sure your buttocks are relaxed. Then return to the starting position.</p> <p>Perform this exercise once in the morning after an hour of waking up, once in the middle of the day or before working out, and once</p>	

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before going to bed.

Do 10 reps, 3 times per day, every day.

Cat-Cow

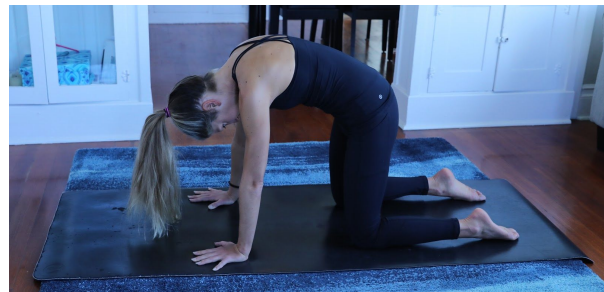
Start on all fours with your back straight, hands under the shoulders and knees under the hips.

To do the cow stretch, slowly inhale and let the belly fall toward the floor to arch the back and extend the head at the same time.

To do the cat stretch, slowly exhale, round the back and tuck the chin to the chest.

Alternate between these two positions slowly.

Do 2-3 sets of 10 reps, once per day, every day.



Bird dog

Start in the hands and knees position with your knees directly under your hips and your hands directly under your shoulders.

The lower back should be in a neutral position (slightly arched) and your chin should be tucked in.

Slightly tighten your abdominals and lumbar muscles, then lift one arm and the opposite



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leg without allowing the trunk or pelvis to move or rotate.

Try to grab something far away in front of you with your hand and touch an imaginary wall far behind you with your foot instead of just lifting them up.

Lower your leg and arm back to the floor and repeat with the other leg and the opposite arm.

Do 2-3 sets of 10 reps each side, once per day, every day.



Side lying clam shells

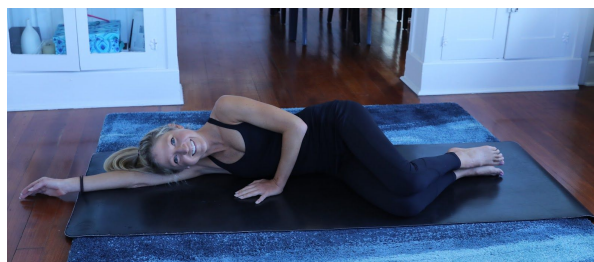
Lie on your side with both knees and hips bent.

Bring the top knee upward while keeping your pelvis stable, your knees bent and your heels together.

Try not to rotate your pelvis backwards as the top knee moves upward.

Return to the initial position and repeat.

Do 2-3 sets of 10 reps, once per day, every day.



Side plank

Lie on your side with your knees bent. The upper body is supported through your forearm, elbow, and shoulder.

Lift the hips off the floor until you form a straight line with your thighs and torso. Keep the head in line with the spine.

Make sure your hips aren't in front or behind your body when you perform the movement.

Hold and maintain this position for 15 seconds.

Do 3 sets of 15 seconds, once per day, every day.



Please Note: As always when moving through exercise: stay super in tune with your body, your movement patterns, and feeling movements in the RIGHT places (core and butt) instead of feeling more pain down the leg. Everytime you move make it your goal to bring back strength to your butt and core. Breathe, be kind to yourself, and exercise mindfully! You got this.

Red Flags: See your doctor immediately if you experience any of these signs.

- 1) Numbness in the groin area
- 2) Numbness in both your legs
- 3) Drop foot or sudden weakness in the legs
- 4) Bowel or bladder incontinence

Important tips for sciatica pain relief:

- 1) The goal is to get your pain to move up towards the lower back. This is called **centralization**. The movements that create centralization may be different for each person, but this daily routine will get your started with movements that have helped many

of our clients. We will teach you how to centralize your pain with more specific and targeted exercises in our full sciatic nerve pain program.

- 2) The goal is not to have more pain travel down the leg. This is called **peripheralization**. You don't want the pain to intensify in the legs. If this happens, then you need to modify the exercises. These exercises have different modifications and this is also covered in our sciatic nerve pain program in greater detail.
- 3) It is normal for your pain to vary in intensity and location. Your sciatic nerve pain may fluctuate on a day-to-day basis. This is totally normal. As mentioned above, we want your pain to move upward and out of the leg. Then, the pain will ideally disappear when you stay consistent with the process. We would love to guide you with your sciatic nerve pain recovery! [JOIN our free Sciatic Nerve Pain Support Group on facebook](#) and get started in healing today.

Thank you so much for downloading this free sciatic nerve pain daily exercise routine. We hope its the start of you feeling better in your body and better in your life. Keep up the good work. Healing takes a lot of effort, but you are 100% worth it.

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