

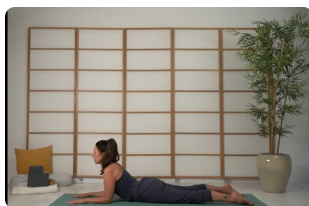
Sciatica

Move slowly and stay in a range that feels comfortable. Mild stretch or effort is fine; sharp pain is a signal to stop.

Name: _____

How often: _____

Clinician: _____



1. Sphinx

30 to 60 seconds

1. Lie face down with your legs long
2. Bring your forearms under you, elbows below your shoulders
3. Press down and lift your chest
4. Keep your head in line and look forward
5. Then lower



2. Figure 4 stretch

30 seconds each side

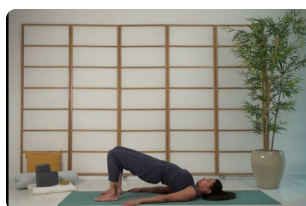
1. Lie on your back with both knees bent, feet flat
2. Reach through and hold behind the supporting thigh
3. Draw that thigh gently toward you and hold



3. Cobra, minimal lift

5 slow lifts

1. Lie face down with your forehead resting on the floor
2. Lengthen through the top of your head first
3. Lift your chest just enough that your eyes clear the floor
4. Keep the weight in your body, not your hands
5. Then rest down



4. Glute bridge

8 to 10 slow lifts

1. Lie on your back, knees bent, feet flat and about hip-width apart
2. Press through your heels and lift your hips
3. Lower slowly, one vertebra at a time



5. Extended exhale breathing

2 minutes

1. Settle into any position you can stay in comfortably
2. Breathe in through your nose for a count of four
3. Breathe out for a count of six to eight
4. Let the pause happen at the end of the exhale

THE GUIDANCE BEHIND THESE MOVEMENTS

- NICE NG59, low back pain and sciatica in over 16s (2016, updated 29 July 2026). Consider a group exercise programme that is biomechanical, aerobic, mind-body or a combination, chosen by the person's needs and capabilities.
- The McKenzie method for chronic low back pain with directional preference, systematic review with meta-analysis (2025). Direction-based treatment outperformed other conservative care in people who have a directional preference, so the benefit follows the individual finding rather than the diagnosis label.
- Centralization in patients with sciatica, prospective cohort, Albert, Hauge & Manniche, European Spine Journal (2012). Of 176 people with sciatica (leg pain below the knee) given a repeated-movement assessment, 84.8% had leg pain that centralized, meaning it eased or retreated toward the back with movement in a specific direction, and centralizing was linked to better recovery.



Scan to watch every movement on video

and get a free guided session built around your body: vinys.app/condition/sciatica

First practice free. No account or card.

Move within a range that stays comfortable. Stop if this brings on sharp pain, dizziness, or symptoms that travel down an arm or a leg, and speak to a clinician before repeating it. Free to print and share: vinys.app/for-clinicians