

XVI. How to Perform Nerve Flossing Which Can Help Your Sciatica

Trying to floss your nerves is done just as we would use floss to glide through and clean between your teeth. We are trying to get the nerves to glide better, which can reduce your pain. You must be VERY CAREFUL in performing this exercise because while it can make your pain better, it can also make your pain worse.

We recommend you start by performing just 10 repetitions of the nerve flossing and then wait a day to see how your body reacts. If you experience increased radiating pain (in the buttock, leg, or foot) stop immediately. Wait a week and try it again. A week later, before trying the flossing again, attempt the first exercise demonstrated in **#1 Sciatica Exercise for Disc Bulging, Herniation, etc.**

After the first exercise, repeat 10 repetitions of the flossing. If pain still increases, this technique is not for you. If your buttock, leg, or foot pain remains the same or improves, continue with the flossing once per day.

How to floss:

Sit on a table or desk high enough and with enough space underneath to swing your leg.



Your head, neck, painful leg should be moving in tandem (together). Sit in an upright posture. Next, extend your neck and head back at the same time you straighten your knee and pull your foot up toward your chest. Then proceed to flex your head and your knee at the same time while you push your foot down. Those two movements make up one repetition. Do this for 10 repetitions total.



Flossing can help desensitize a nerve. However, it can take anywhere from a few days up to months to help. If possible, continue to perform the prone progression and elbow prop prior to flossing, if able to do so pain-free.