

XIII. #1 Sciatica Exercise for Disc Bulging and Herniation

Prone lying:

This exercise is to be done on the floor or bed. If possible, your starting position will be flat on your stomach. If that position is uncomfortable, try placing pillows under your abdomen until it is tolerable. You can place up to 3 pillows under your stomach.



If you are comfortable with one or two pillows, start with that number instead. Try lying in that position for 2-3 minutes. If you have increased pain, stop. After 5 minutes try removing one of the pillows. The goal is to eventually be lying flat on your abdomen without a pillow and without increased pain. You may be able to do this day one, or in some cases you may need a few days to reach the flat position. Let your pain levels dictate how fast you move.

Once you can lie flat without any pillows, make a fist with your right hand and rest your chin on the fist. If this is comfortable, progress to having the right fist stacked up on to a fist made by the left hand. If neither are comfortable you can try placing a pillow under your head. Try lying for 2-3 minutes in this position several times a day (5-8 times or more).

If unable to perform this exercise, try the nerve flossing (described in video XIII) AND start working on reducing pain makers with the proper technique.

Elbow prop

Once you can lie on your abdomen with no increased pain, try the following: Get up on to your elbows and just lie there for a minute or two, if pain allows.



If pain allows, you may also place your chin on your fists stacked together. Allow your low back to sag to the floor or bed. If pain gets worse, go back to flat. If you're able to do this exercise pain-free or with improving pain, progress to the video entitled **Advancement and Progression of the #1 Sciatica Exercise**.