

## NEURAL GLIDING EXERCISE

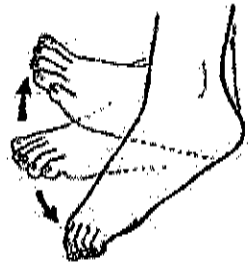
### I. Sciatic Nerve

- Begin lying on back with hip and knee of involved leg bent.
  - Provide support to your lower leg using a physio ball or chair.
- Note: As shown below, arrow indicates area of leg for support.
- Keep your non-involved leg straight and resting on the floor.
  - Pump ankle of involved leg in a slow and controlled manner.
  - OK if symptoms go "on" and "off"
  - Not OK if symptoms stay "on"
  - Perform 1 set of 10 repetitions one time per day.
  - Do not perform this exercise in the morning.

POSITION SET-UP



ANKLE PUMP MOTION



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