

Laying Femoral Nerve Glide



1. Laying Femoral Nerve Glide

- Lie on your front with your forehead relaxed on your hands.
- Bend the knee on your affected leg, moving your heel towards your buttock.
- Reach the threshold point where you start to feel your pain.
- Once you reach this point, slowly lower your leg back down a little whilst simultaneously lifting your head up.
- Repeat this movement, bending your knee as you lower your head back down.
- **Repeat this glide 10–15 times per leg.**