

Seated Sciatic Nerve Glide



1. Seated Sciatic Nerve Glide

- Sit on the edge of a chair with both feet flat on the ground.
- Extend one leg straight out in front of you.
- Flex your foot toward you, toes pointing up.
- While holding this position, extend your neck by looking slightly up.
- Hold for a 3 seconds, then relax your leg and return your foot to the ground while simultaneously dropping your head downwards, chin to chest.
- **Repeat this glide 10–15 times per leg.**