

Slump Stretch Nerve Glide



1. Slump Stretch Nerve Glide

- Sit in a chair.
- Round your back and lower your head so your weight is down through your tail bone.
- Slowly begin to straighten your affected leg out until you reach the point of tension in the nerve.
- Do not push any further than this point.
- Holding your knee in this position, raise your head up whilst moving your toes in towards you.
- Then lower your head back down and point your toes away from you as you do so.
- **Repeat this glide 10–15 times per leg.**