

Lower Nerve Flossing

1



Sciatic Nerve Glide (knee straight)

- 1) start by grasping the leg behind the thigh
- 2) bring the knee just above the hip
- 3) straighten the knee to the first spot of tension, and then pull the toes towards the shin
- 4) relax the foot, bend the knee back to start position and repeat

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 2 Time(s) a Day

the opposite leg should be straight, flat on the table and not moving as you perform the glide

4



Femoral nerve glides

Lie on your stomach and prop up on your elbows. Straighten your leg out and tip your head back. Then, flex your knee up and at the same time flexing your head down. Once you reach a point where you feel a stretch, extend your knee back down and extend your head back up as well. Repeat this motion in a controlled, continuous motion not stopping to hold a stretch.

Repeat 10 Times
Hold 0 Seconds
Complete 2 Sets
Perform 2 Time(s) a Day

2



Sciatic Nerve Glide (knee bent)

- 1) start laying on your back with knees bent and feet flat
- 2) grab behind one thigh and bring the knee up above the hip
- 3) straighten your leg until you feel a gentle pull along the backside of the leg then pull your toes up toward your shin
- 4) return to the start position (top image) and repeat

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 2 Time(s) a Day

5



Peroneal nerve glides

Begin in seated position with knee straight. Progress through the following steps, stopping once tension is felt in the foot/leg.

1. Curl the toes
2. Point foot/ankle (ankle plantarflexion)
3. Maintain toes curled and foot/ankle pointed while moving ankle in and out (ankle inversion/eversion)

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 2 Time(s) a Day

3



SEATED SCIATIC NERVE GLIDE

Sitting safely at the edge of a chair. Move your body per the directions below

- 1) Toes down, head down
- 2) Head up, toes up

Repeat the prescribed number of repetitions and sets.

Stop exercise if there is an increase in pain at any time.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 2 Time(s) a Day