



Nerve Flossing

Helps relieve sciatic nerve irritation.



Position 1 – Laying on your good side. Arch your back and tilt your head back, supported by your arm and hand. This time bring top leg/foot forward stretched out as far as you can, a strap would be helpful to keep foot flexed forward. Hold for 10 seconds.



Position 2 – Laying on your good side. Head forward like a canon ball, chin to chest. Bring top leg & foot back toward the buttocks, keeping hips stacked and not leaning backwards. Hold for 10 seconds.

If you would like to watch a Youtube video of Sciatic Nerve Flossing please go to:

<https://www.youtube.com/watch?v=-Aqp5vb6psw>