



For relief of sciatic nerve pain
caused by tight muscles in the hips
and low back area **ONLY**.

STRETCHING

Sciatica Relief



ABDOMINAL & HIP FLEXORS



LOW BACK



GLUTEAL & ABDUCTORS



HAMSTRINGS & LOW BACK



HAMSTRINGS & LOW BACK



FULL BODY



CALVES, HAMSTRINGS & LOW BACK



CALVES, HAMSTRINGS & LOW BACK



HAMSTRINGS & LOW BACK



GLUTEAL & LOW BACK



GLUTEAL & ABDUCTORS



GLUTEAL & ABDUCTORS



GLUTEAL & ABDUCTORS

- Hold each stretch for 15-30 sec
- Stretch slowly
- Stop if you feel pain