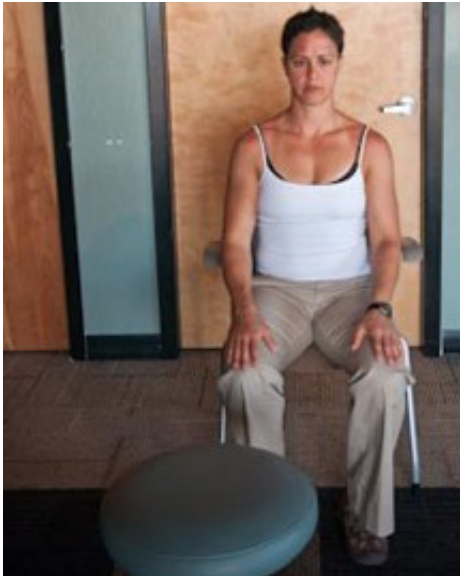


**Sciatic nerve**



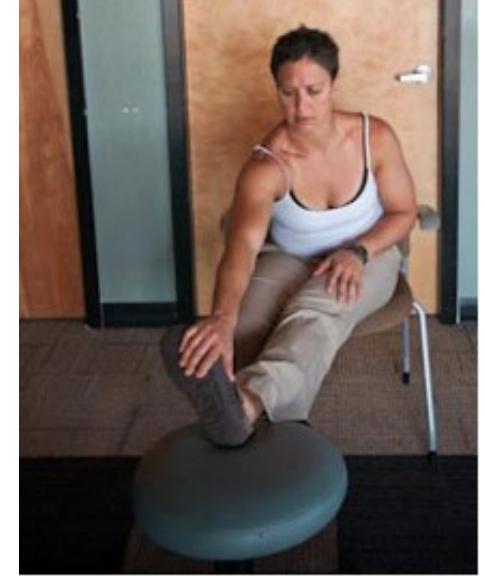
1/5



2/5



3/5



4/5



5/5

Stretch Sciatic Nerve (requires physical therapist training and monitoring) Usually a gentle pumping action and not a prolonged stretch. Lower intensity than a muscle stretch..

The exercises and theories are intended for our patients as follow up on clinical meetings. No guarantee is made that the exercises will resolve your particular problem, or that our theories will explain your specific problem.