Sciatica stretch routine checklist

Use this checklist to follow the gentle sciatica stretches and home care steps described in the article.

- [ ] Hold the figure-four stretch for 10 to 30 seconds on each leg.
- [ ] Hold the knee-to-shoulder piriformis stretch for 30 seconds, 3 times per side.
- [ ] Repeat the knee cradle 5 times per leg, holding 5 to 10 seconds.
- [ ] Move through cat-cow 3 to 5 times with slow breathing.
- [ ] Repeat the lower back press 5 to 10 times, holding 5 to 10 seconds.
- [ ] Stop any stretch that increases leg pain, numbness or tingling.
- [ ] Keep up normal activities and avoid long periods of sitting or lying down.
- [ ] Use ice for the first 48 to 72 hours, then switch to heat.
- [ ] Contact a healthcare provider when sciatica lasts longer than 4 weeks.
- [ ] Seek emergency care for bladder or bowel changes, saddle numbness or weakness in both legs.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/chiropractic/sciatica-stretches/