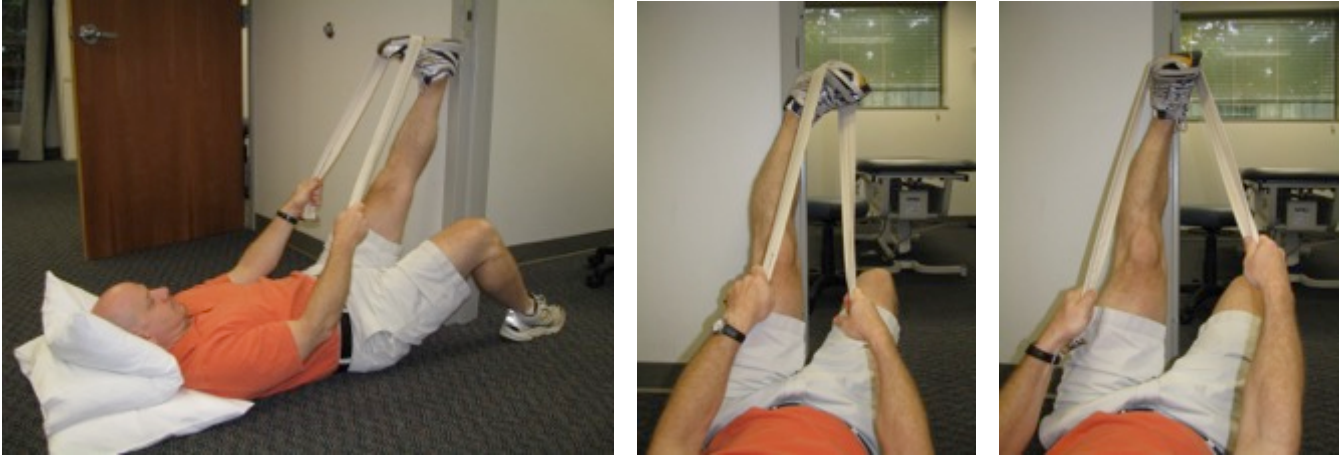


Erbst OrthoSport



Doorway Sciatic Nerve Glide

Lie on floor with _____ knee bent and within doorway. Now place a belt, length of rope or stretch strap over ball of _____ foot and rest this heel on doorframe with knee straight. Place two pillows under head to keep neck flexed. Rotate leg inward if possible. A gentle stretch behind the knee should be felt at this point. If the stretch is painful, move slightly away from wall. If no stretch is felt, move closer to wall. Using belt, rope or stretch strap, pull toes toward knee in an oscillating or pumping fashion.

Perform _____ oscillations/pumps in a row. Perform _____ sets, _____ times each day.

Perform for both legs: YES NO

Tweak 1: While keeping leg rotated inward, rotate ankle/foot inward even further per second picture. Pull toes toward knee as above.

Tweak 2: While keeping leg rotated inward, rotate foot/ankle outward per third picture. Pull toes toward knee as above.

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