

Sciatic nerve slider

While sitting down, straighten your knee and point your toe while you look up towards the ceiling (Fig A).



Return the foot starting position while lowering your chin to your chest (Fig B).

Perform this action slowly.

You should not feel pain at any point.

Repeat as advised by your physiotherapist.



For a video demonstration of this exercise please press '**Ctrl**' and click [HERE](#)

Alternatively, if you have a hand held device such as a smart phone or tablet, download a free 'QR code reader' app from your app store and scan below.

NB Viewing this video may use some of your mobile data allowance. We recommend waiting until you have a wifi connection.