

Boot Camp Program for Sciatica

Date:						
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
General:						
1. Walk/Swim	___ min	___ min	___ min	___ min	___ min	___ min
2. Minimize Sitting—when sitting maintain erect and arched back. Can use therapy ball.	always	always	always	always	always	always
3. Standing back extensions- 10 repeats every waking hour	always	always	always	always	always	always
Lying on Stomach:						
4. Torso Lifts using elbow or outstretched arms (advanced)	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___
Lying on back:						
5. Sciatic Nerve Flossing (leg then foot) – Right and Left	reps ___ sets ___	reps ___ sets ___	reps ___ sets ___	reps ___ sets ___	reps ___ sets ___	reps ___ sets ___
6. Reverse Pelvic Tilt	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___
7. Pelvic Twist with reverse pelvic tilt	repeat ___ sets ___	repeat ___ sets ___	repeat ___ sets ___	repeat ___ sets ___	repeat ___ sets ___	repeat ___ sets ___
8. Gluteal Stretch (piriformis) with reverse pelvic tilt	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___
Standing:						
9. Standing reverse pelvic tilt	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___
10. Wall side bending stretch—Right and Left	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___
Walking:						
11. Graduated walking with reverse pelvic tilt	___ steps	___ steps	___ steps	___ steps	___ steps	___ steps
Lying on Stomach						
12. Back leg extensions—Right and Left or both legs extended (advanced)	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___
13. Back extensions—arms up or with both legs extended (advanced)	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___
14. Plank on forearms and toes with reverse pelvic tilt	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___
Lying on Side:						
15. Side Plank—knees bent or legs straight (advanced) Right and Left	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___
16. Side hip lifts—3 positions	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___
Lying on Back:						
17. Back Bridge	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___	hold ___ repeat ___
18. Heel/toe lifts- double/single and/or wall squats	reps ___ sets ___	reps ___ sets ___	reps ___ sets ___	reps ___ sets ___	reps ___ sets ___	reps ___ sets ___
Past week average pain (0-10) and physical limitation scores (0-10)	_____	_____	_____	_____	_____	_____

1

WALK/SWIM

The type and intensity of aerobic exercise will depend on your ability to weight bear and your overall fitness level. If walking increases your sciatica, then swimming may be a better option for you.



SCHEDULE

Performed ___ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Walk/Swim	__ minutes	__ minutes	__ minutes	__ minutes	__ minutes	__ minutes

MINIMIZE SITTING

2

Instructions

1. When sitting, sit up straight on a therapy ball or chair with your feet hip-width apart.
2. Position your knees at level of hips or slightly lower. Then slightly arch the lower back.

Alternatively, you can place a pillow on the back rest to support the arch in the lower back.



SCHEDULE

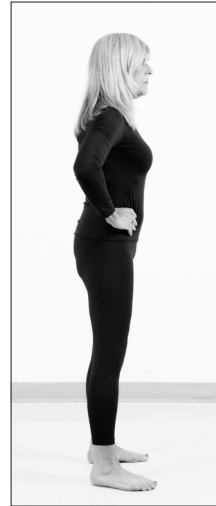
Performed ___ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Minimized Sitting	Always	Always	Always	Always	Always	Always

3

STANDING BACK EXTENSIONS

Instructions

1. Stand up straight with hands on your hips and feet shoulder width apart.
2. Keep your knees straight and bend your upper body backwards.
3. Hold this bent position for 3 second and repeat 10 times every waking hour.



SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Standing Back Extensions	3 sec holds 10 repeats	3 sec holds 10 repeats	3 sec holds 10 repeats	3 sec holds 10 repeats	3 sec holds 10 repeats	3 sec holds 10 repeats

TORSO LIFTS

4



Instructions

1. Lie on your stomach and prop up your body using your elbows, forearms, and hands.
2. Keeping your head up, elevate your chest and torso off the ground by pushing off with your hands until your elbows are straight. (Advanced)
3. Hold this position. Return to starting position and repeat.

SCHEDULE

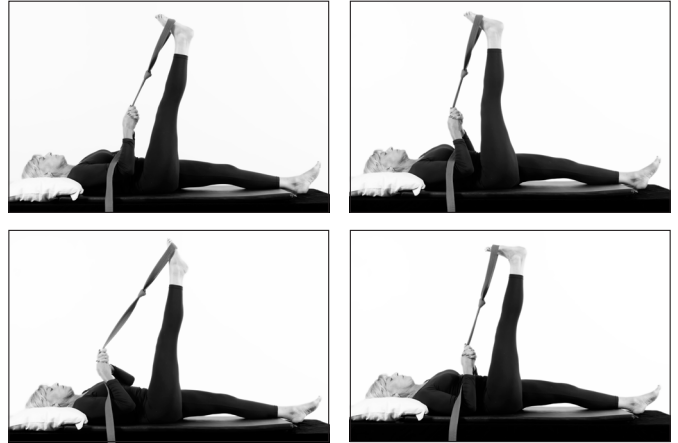
Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Torso Lifts (Advanced)	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

5

SCIATIC NERVE FLOSSING (LEG, THEN FOOT)

Instructions

1. Lie on your back with your leg straight and place a belt, strap, or towel around the ball of a foot.
2. Keep your foot in neutral position and your leg straight; bring your leg up as high as you can. Hold this position for the recommended count.
3. Then keeping your knee locked, loosen the grip of the strap and point your toes upwards, hold for 1 second and then pull down on the strap until you feel a stretch in your calf. Hold this position for 1 second and repeat. Repeat with other leg.



SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Sciatic Nerve Flossing (leg, then food)	hold ____ rep foot ____ sets ____	hold ____ rep foot ____ sets ____	hold ____ rep foot ____ sets ____	hold ____ rep foot ____ sets ____	hold ____ rep foot ____ sets ____	hold ____ rep foot ____ sets ____

REVERSE PELVIC TILT

6



Instructions

1. Lie on your back with your legs straight.
 2. Push your buttock into the floor, push your belly button upwards, and arch your lower back.
 3. Hold this position and repeat.
- Alternatively, you can bend your knees with your feet flat on the floor.

SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Reverse Pelvic Tilt	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

7

PELVIC TWIST WITH REVERSE PELVIC TILT

Instructions

1. Position your body into a reverse pelvic tilt as described in exercise #6.
2. While holding the reverse pelvic tilt position and keeping your shoulders down, drop your bent knees together towards the right as far as you can and hold for 1 second.
3. Then, rock them towards the left as far as you can and hold for 1 second.



SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Pelvic Twist with Reverse Pelvic Tilt	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

DEEP GLUTEAL STRETCH WITH REVERSE PELVIC TILT

8



Instructions

1. Position your body into a reverse pelvic tilt as described in exercise #6.
2. Flex your right hip and right knee to 90 degrees and keep your opposite leg straight.
3. Place your right hand on inside of the knee and grasp the right ankle with the left hand.
4. While keeping the hip and knee flexed at 90 degrees gradually pull the ankle towards you and hold.
5. Repeat on opposite side.

SCHEDULE

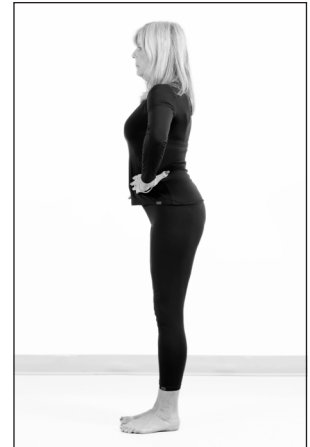
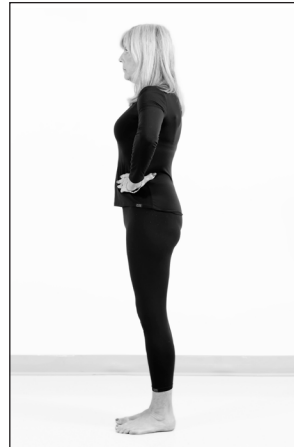
Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Deep Gluteal Stretch with Reverse Pelvic Tilt	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

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STANDING REVERSE PELVIC TILT

Instructions

1. Stand up straight with feet hip-width apart.
2. Keeping your legs straight, slightly stick out your buttock.
3. Holding the buttock out, now point your belly button forward as much as you can and arch your lower back.
4. Hold this position and repeat.



SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Standing Reverse Pelvic Tilt	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

WALL SIDE BENDING STRETCH

10



Instructions

1. Stand with your back against a wall with reverse pelvic tilt.
2. Cross your right foot over the left, and extend your right arm overhead. Place your left hand on your left hip.
3. Reach with right hand towards the left while bending left and pushing the pelvis to the right with the left hand. Hold the stretch, then repeat on the other side.

SCHEDULE

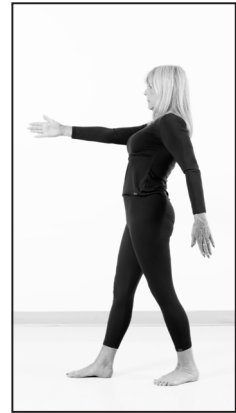
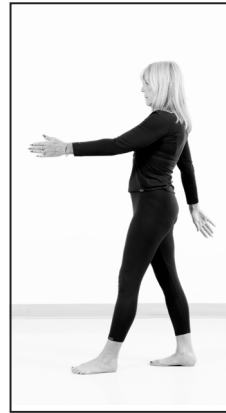
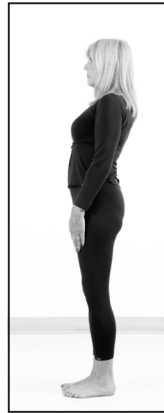
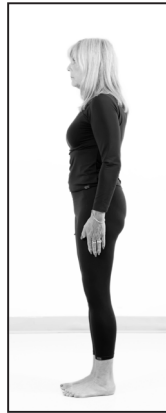
Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Wall Side Bending Stretch	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

11

GRADUATED WALKING WITH REVERSE PELVIC TILT

Instructions

1. Position your body into the standing reverse pelvic tilt, as described in exercise #9.
2. Then walk holding this position, while swinging your arms.



SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Graduated Walking with Reverse Pelvic Tilt	steps ____	steps ____	steps ____	steps ____	steps ____	steps ____

BACK LEG EXTENSION

12



Instructions

1. Lie on your stomach with your pelvis resting on a pillow or folded blankets.
2. Keeping your legs straight, lift one leg 6 inches off the floor. Hold and repeat with the other leg.
3. For a more advanced version, follow the same instructions, but lift both legs off the ground at the same time.

SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Back Leg Extension	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

13

BACK EXTENSIONS – ARMS UP OR WITH BOTH LEGS EXTENDED (ADVANCED)

Instructions

1. Lie on your stomach with your pelvis resting on a pillow or folded blankets.
2. Keep arms and legs straight and stretched out.
3. Without using your arms, lift your chest up 3-4 inches off the floor. Hold and repeat.
4. For a more advanced version, follow the same instructions, but lift arms and legs off the ground at the same time.

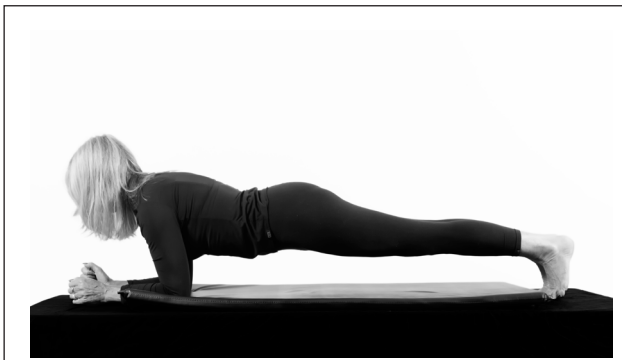


SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Back Extensions	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

PLANK ON FOREARMS AND TOES (MAINTAIN REVERSE PELVIC TILT)

14



Instructions

1. Start on your hands and knees, and then lower your elbows down so that your forearms and wrists lie flat on the floor.
2. Slide your knees and feet backwards away from your body until your knees come off the floor leaving only your toes and forearms supporting your body.
3. While in the plank position, maintain a reverse pelvic tilt.

SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Plank on Forearms and Toes	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____	hold ____ repeat ____

15

SIDE PLANK KNEES BENT OR LEGS STRAIGHT (ADVANCED)

Instructions

1. Lie on your right side with knees bent, and support your body onto your right elbow on the floor (directly in line with your right shoulder).
2. Leave your left arm by your left side.
3. Keeping your spine and upper body straight, lift your hip off the ground until it lines up with your back. Hold this position and repeat on the other side.
4. For a more advanced version, follow the same instructions, but straighten out your legs and place the top leg back 6 inches. When you lift your hip off the ground, only the side of your feet and forearm will be supporting your body.



SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Side Plank	hold ____ reps ____	hold ____ reps ____	hold ____ reps ____	hold ____ reps ____	hold ____ reps ____	hold ____ reps ____

SIDE HIP LIFTS (3 POSITIONS)

16



Instructions

1. Lie on your side with both legs straight.
2. Place the lower leg behind you by about 12 inches
3. Raise your top leg 12 inches off the ground and hold
4. Bring the top leg forward to 30 degrees and hold
5. Then bring the top leg forward as far as you can and hold
6. Repeat on opposite side

SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Side Hip Lifts	hold ____ reps ____	hold ____ reps ____	hold ____ reps ____	hold ____ reps ____	hold ____ reps ____	hold ____ reps ____

17

BACK BRIDGE

Instructions

1. Lie on your back with your knees bent and feet flat on the floor.
2. Push your buttocks up and off the floor until both hips are straight.
3. Hold this position and slowly lower to start position and repeat.



SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Back Bridge	hold ____ reps ____	hold ____ reps ____	hold ____ reps ____	hold ____ reps ____	hold ____ reps ____	hold ____ reps ____

HEEL/TOE LIFTS - DOUBLE/SINGLE AND/OR WALL SQUATS

18



Instructions

1. Stand with hands on wall/door with legs shoulder width apart.
2. Lift both heels or toes (double) off ground and hold for 1 second and repeat.
3. Bend one knee (single leg) and repeat above (advanced).
4. With back against wall slowly squat down and hold for 1 second and repeat.

SCHEDULE

Performed __ times daily	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Heel/Toe Lifts Double/Single and/or Wall Squats	hold ____ reps ____	hold ____ reps ____	hold ____ reps ____	hold ____ reps ____	hold ____ reps ____	hold ____ reps ____