

SCIATICA STRETCHES

Hold each pose for at least 30 seconds & repeat



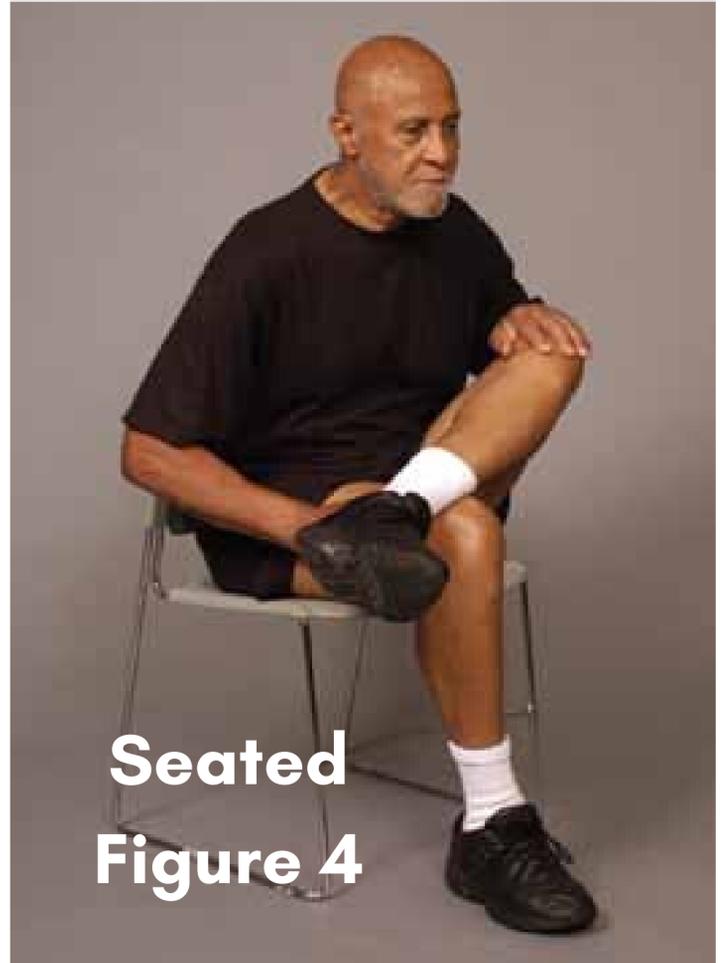
**Forward
Hip Hinge**



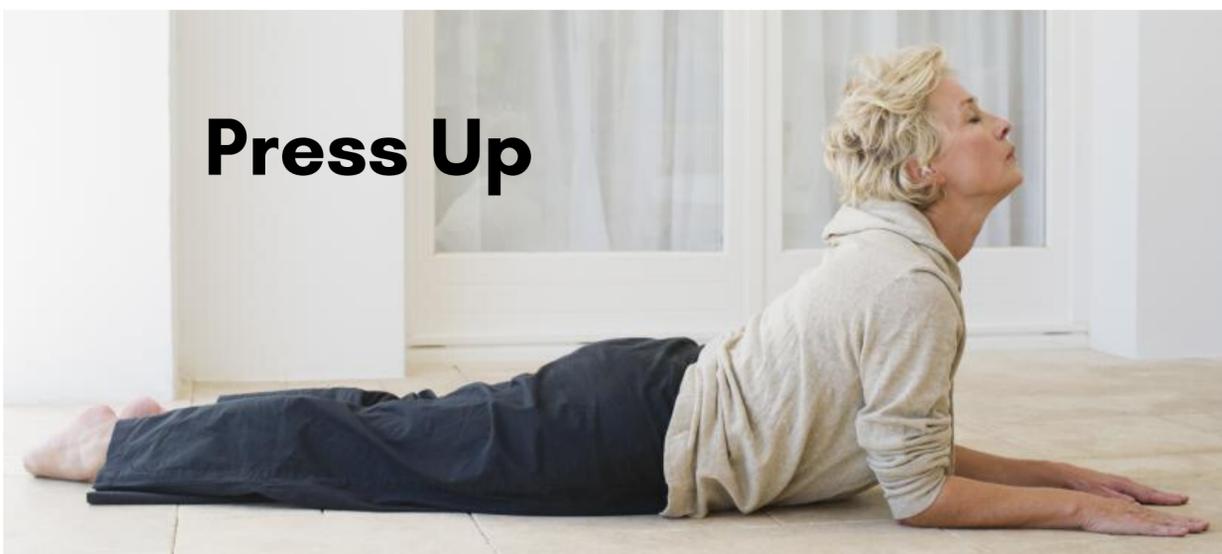
**Standing
Hamstring**



Clam Shell



**Seated
Figure 4**



Press Up



**Knees to
Chest**