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Sciatic nerve in piriformis muscle

Symptom Checker Health Calculator These messages are for mutual support and information sharing only. Always consult your doctor before trying anything you read here. Your comment on this answer: Your comment on this answer: Your comment on this answer: Your comment on this answer: Your comment on this answer: Your comment on this answer: Harvard Men's Health Watch Sciatica is one of the most common, yet misunderstood, types of pain. As many as 40% of people will get it during their life, and it becomes more frequent as you age. "People who suffer from acute or chronic back pain tend to be more susceptible to sciatica," says Dr. Jeffrey N. Katz, professor of medicine and orthopedic surgery at Harvard Medical School. "Your risk also rises if you're obese, if you smoke, or if you're sedentary." Research health conditions Check your symptoms Prepare for a doctor's visit or test Find the best treatments and procedures for you Explore options for better nutrition and exercise New subscriptions to Harvard Health Online are temporarily unavailable. Click the button below to learn about our other subscription offers. Learn More » skaman306Getty Images When sciatica flares up—you know, the searing pain, tingling, or numbness that shoots from your low back to one of your legs—you'll do just about anything to find relief. That's why these simple stretches are so handy: They can help take pressure off your sciatic nerve without having to even get out of bed. The routines below, developed by Jennifer Howe, MPT, CMPT, a teaching associate for the University of Washington's physical therapy department, target one of the three main causes of sciatica: herniated disc (a bulge in the cushioning between the bones in your spinal column), bone degeneration (irregularities in your vertebrae), or tight hip muscles.If you're unsure what's triggering your sciatica, try all three routines and note which one helps the most. For the best results, do your stretches daily before you get out of bed in the morning, or at night before you fall asleep. If you'd prefer, you can also do these stretches on the floor. Cause of Sciatic Pain: Herniated discThe following two stretches help create distance between the bulging discs in the spine, taking pressure off the sciatic nerve.Sciatica Stretch: Press up Hero ImagesGetty Images Start on your stomach with your elbows positioned directly under your shoulders and your forearms flat on the bed, parallel to one another. Lift your chest and extend through the spine from your tailbone to the top of your neck; allow your back to arch. Hold for 30 seconds for 1 repetition, breathing deeply. If the pain in your legs lessens, do 2 more reps and then move on to the next stretch in this sequence. If you don't feel relief, skip the next move and try the routine for sciatica related to bone degeneration. Sciatica Stretch: Press up Extension grandriverGetty Images Lie face down with your hands flat, next to your shoulders. Press your palms into the bed to lift your upper body up, keeping hips and pelvis rooted to the bed. Extend through the spine from the tailbone to the neck, allowing your back to arch. Stop lifting your chest if you feel any pressure in your lower back. Hold for 10 seconds, then slowly lower back to the start position for one rep. Do 10 reps for 1 set; do 3 sets total.Cause of Sciatic Pain: Bone DegenerationThese moves help create space between your vertebrae so they're less likely to pinch your sciatic nerve.Sciatica Stretch: Knees to Chest triloksGetty Images Lie on your back and slowly hug your knees to your chest, allowing your low back to round. Hold for 30 seconds for 1 rep. If this stretch lessens the pain in your legs, do 3 reps and then move on to the next stretch. If not, try the next routine for tight hip muscles.Sciatica Stretch: Posterior Pelvic Tilt AleksandarGeorgievGetty Images Lie face up on the bed with your knees bent and feet flat. Draw abdominals in to flatten lower back into the bed. Hold for 5 seconds, then return to start position for 1 repetition. Do 10 reps. Cause of Sciatic Pain: Tight Hip Muscles These stretches can loosen muscles in the hips that may be pressing on the sciatic nerve.Sciatica Stretch: Knee to Opposite Shoulder fizkesGetty Images Lie on your back with legs extended, feet flexed. Lift your right leg and clasp your hands behind the knee. Gently pull your right knee across your body and toward your left shoulder. Hold for 30 seconds for 1 rep. Do 3 reps. Switch legs and repeat. Sciatica Stretch: Figure 4 fizkesGetty Images Lie on your back with bent knees, feet flat on bed. Cross your right ankle over your left knee (in the shape of a "4"). Grasp your hands behind your left knee and gently pull your legs toward chest as you press right knee away from your chest. Hold for 30 seconds for 1 rep. Do 3 reps. Switch legs and repeat. This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. 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