

## Rehab for Ruptured Lumbar Disc, Sciatica or Annular Tears



**Sciatic Nerve Glide:** The patient sits upright on a stool. They lift their involved leg forward while leaning the torso back. They then lean forward as they bring the involved leg back. They should not feel pain or tension in the leg or spine. Repeat up to 10 times, several times per day.



Basic prone McKenzie extension.



### ***McKenzie Extension Exercise\*:***

\*Expect discomfort but avoid the exercise if this is not manageable, or nerve symptoms increase further down the leg (burning, numbness, electric pain)!

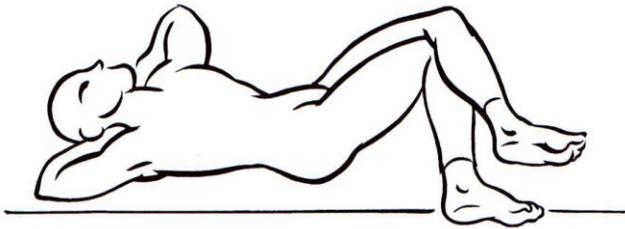
1. Lie on front. Gradually ease yourself up onto your elbows to bend your lumbar spine back (keep hips on floor!). Hold for 5 seconds, and then lower to the ground again. Repeat 5-10 x daily.
2. Hold the press-up position initially for five seconds and gradually work up to 30 seconds per repetition, as your sciatica improves. Aim to complete 10 repetitions.
3. When your back is considerably better you can extend your back further by pushing up on to your hands (top picture). Hold this for a shorter time period (1-3 seconds). Repeat 10 x.

### ***Knee Rocking:***

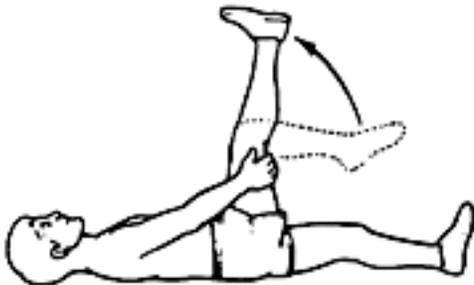
1. Lie on your back on a mat. Carefully pull your knees to your chest, allowing your ankles to cross for comfort, till your buttocks start to lift off the floor.
2. Gently rock your knees to your chest & back, finding a 'natural, rebounding' rhythm. Continue for 10-20 seconds, 3 x day.

**Indicated Stretches\* for ruptured lumbar discs, annular tears and acute sciatica:**

\*Expect discomfort but try to 'accept' this and gently ease into the stretch, waiting until the pain/muscle spasm eases. Hold each for 30-60 seconds & repeat 2-3 times (3 x day).

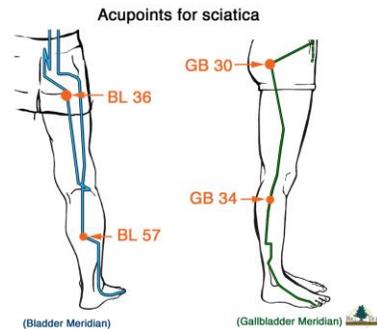


Stretch exercise: Piriformis



**Sciatic Nerve Tensioner:** Patient gently lifts the bent involved side leg. Once they feel slight tension, they immediately let the leg back down. Repeat up to 10 times, several times per day.

**Have regular 20-30 minute rests, with the back in the 'neutral' position (see below). Lie on something harder than a mattress, but softer than the floor if possible (Pilates/camping mats, sun lounger cushion etc):**



\*Cramp bark can also be used to reduce muscle spasm and aid sleep, 'icing' & devils claw to reduce inflammation as well as conventional analgesics and anti-inflammatories (inc NSAID's). Try to avoid long term anti-inflammatory treatment, as this may impair healing! Acupressure points can also be treated with a ball/thumb to ease discomfort (see above & also BL 38).