

Sciatica / Lumbar Disc Herniation

Leg pain from an irritated nerve root in the low back. Repeated movements that make the leg pain move toward the spine ('centralise') guide the programme.

LUMBAR SPINE • NERVE ROOT

1



Prone Press-Up

10 reps, every 2 hours

- Push chest up with the arms; hips stay down.
- Continue only if leg pain moves toward the back.

2



Standing Extension

10 reps, hourly

- Hands on hips, lean back gently.
- Especially after sitting or bending.

3



Sciatic Nerve Glide

10 slow, 2x daily

- Sit; straighten the knee and pull toes up as you look up.
- Gentle tension only — never sharp pain.

4



Short Walks

5–10 min, 3–4x daily

- Frequent short walks beat one long one.
- Lengthen bouts as leg pain settles.

5



Bird Dog

3 x 8 each side

- Add once leg pain has centralised.
- Back flat and still.

6



Glute Bridge

3 x 10, hold 3 sec

- Lift hips, squeeze buttocks.
- Stop short of arching the back.

HOW OFTEN

Press-ups every 2 hours on bad days, reducing as leg pain centralises. Add the strength work (5–6) once it has.

PAIN RULE & PROGRESSION

Mild discomfort up to 3/10 that settles by the next morning is acceptable. If higher, do fewer reps or a smaller range. Progress (more load, reps or range) once two sessions in a row stay within this rule.

SEE US SOONER IF

Worsening leg weakness, foot drop, numbness around the groin or trouble passing urine — go to A&E.