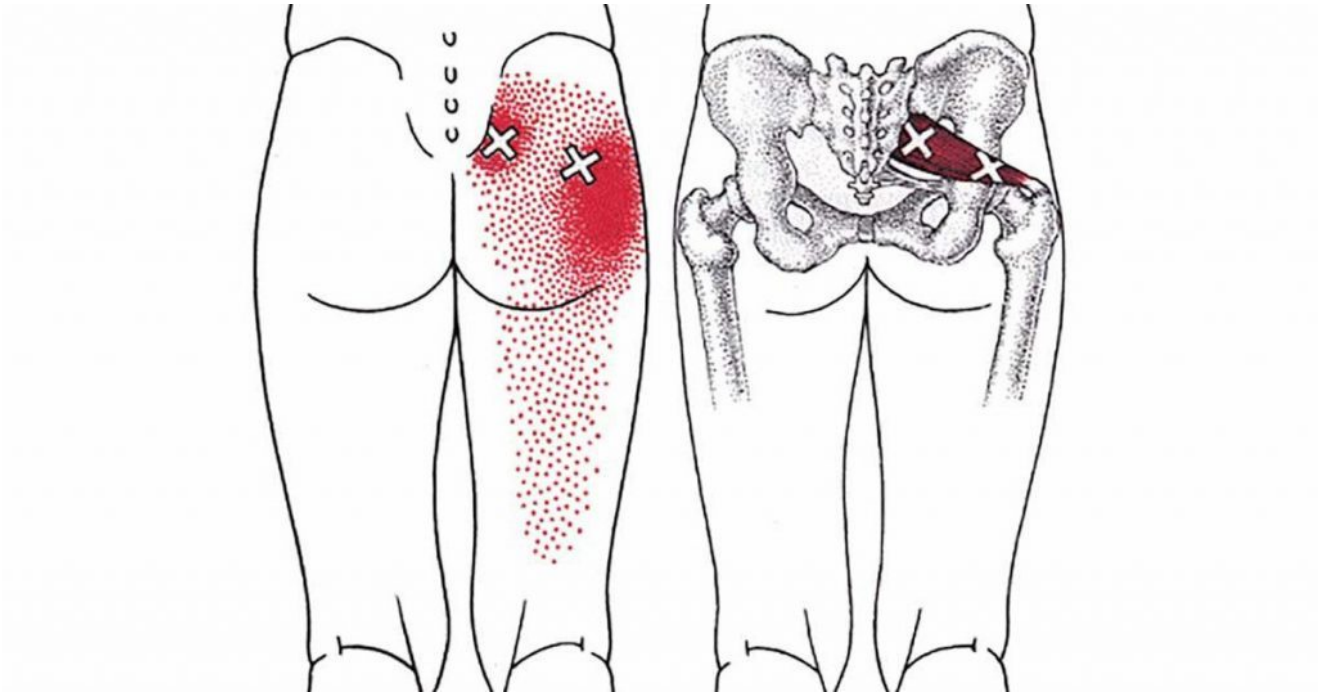
HOME

How To Get Rid Of Sciatica, Hip And Lower Back Pain With These 10 Piriformis Stretches

By bestfolkmedicine · 18/07/2018 · 3 min read



Unfortunately, sciatica is an unpleasant and a painful condition and it can be caused by an injury, ruptured disk, spinal stenosis, as well as by some other factors. The pain may be even felt in the feet and lower limb due to the fact that the sciatic nerve links the femur and the spine. This nerve plays a pivotal role in the movements of the upper legs, hips, and feet. In order to improve the problem, Dr. Mark Kovach recommends a stretch which allows hip rotation.

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Conventional Treatment of Sciatica

According to estimates, 40 percent of people will experience sciatica at a specific point in their lives. The conventional therapy for this health problem is comprised of over-the-counter meds like muscle relaxants, pain killers, and antidepressants. However, the problem with this approach is that it does not treat the root cause, but merely the symptoms. This being said, it is good to know that there is a powerful, natural method to treat this issue, i.e. piriformis stretches!

10 Piriformis Stretches against Sciatica

Side-lying clam

Lie on your painful side and tilt the legs backwards to make an L-shape, with the feet parallel to each other. Next, elevate the upper knee and hold it like that for several seconds. Do 15 reps.

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Outer hip stretch

Lie down and bend the painful leg and then curl the leg to the other side while touching the ground with your knee. While you are stretching your left leg, put the right hand onto your knee and lift the left hand. Place the arm in the opposite direction of your knee and try to touch the ground with your shoulder. Hold this pose for 20 seconds and then go back to primary position and repeat the same with the other leg.

Bottom stretch

While on all fours, curl your painful foot towards the opposite side, near the hip, tothe shoulder and try to reach the floor with your forehead. Stretch the other leg and push your hips towards the floor. Hold this pose for 30 seconds and do 3 reps.

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Supine side stretch

Lie on the ground; keep the back straight and the legs flat. Elevate your painful leg while placing the foot on the outside of the other leg. Pull the knee across the body’s middle line. Remain like this for half a minute and then do the same with the other leg.

Hip extension

While on all fours, align the hands with the shoulders and begin lifting the painful leg and keep the knee tilt and then put it down. Do 15 reps.

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Short adductor

While in a sitting position, place the legs in front of you and put the left hand on your right ankle and the other hand on the left ankle. Then, begin pushing down the knees and maintain this pose for half a minute.

Supine piriformis

Lie down and bend the knees by crossing the painful leg and holding its ankle with one of your hands while holding the knee with the other. Pull the shoulder upfront to be in the same line with the ankle and keep this pose for 30 seconds.

Standing piriformis

While in a standing position, elevate your painful leg above your other leg's knee and lower down the hip at a 45 degree angle. Now, bend your torso upfront and stretch the arms so that they are aligned with the floor. Keep this position for half a minute and then do the same with the other leg.

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McKenzie press up

Lie down on the floor with the stomach and then elevate the body on your elbows, take a deep breath, and after a couple of seconds, lower down the body and relax. Repeat.

Long abductor

While in a sitting position, place the legs out and far apart and then bend your body and place the hands on the ground. Try to touch the floor with your elbows and maintain the position for 20 seconds.

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