

Aim

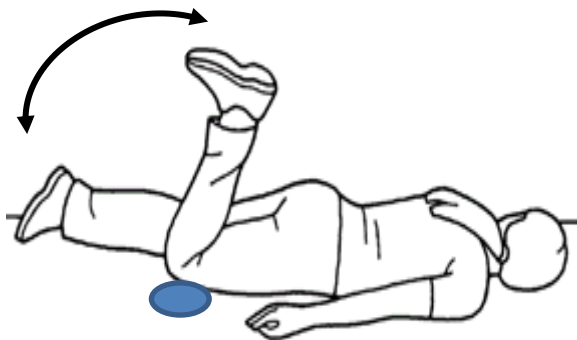
To improve nerve symptoms by:

- Improving circulation and nutrition to the nerve
- Improving natural gliding movements of the nerves in your legs

Neurodynamic exercises

What does this mean? It is the treatment of the physical health of the nervous system. Just as a joint moves and muscles stretch, the nervous system has physical properties that are essential for movement. A 'slider' is a flossing technique ideally done slowly and in a controlled manner, and a 'tensioner' can be a vigorous technique which 'pulls from both ends'. Follow guidance from your physiotherapist.

Ideally try repetitions and progress as able.



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Femoral nerve basic

Slider

Lay on your front, on your bed.

1a. Bend your knee so your heel comes to your bottom, feel the thigh stretch, return the foot to the floor, repeat.

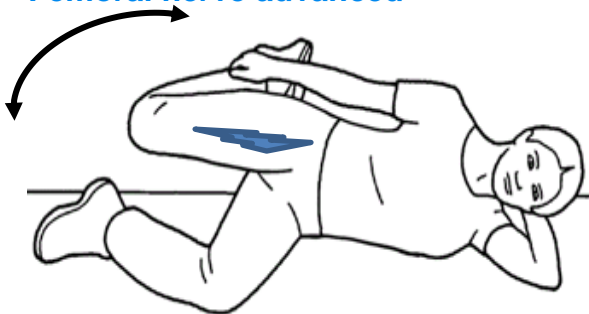
1b. Progress this by placing a towel under the knee, repeat the knee bends.

Tensioner

2. Add to this by crossing your other leg behind your stretching leg and assisting with a push.

- Repeat the action
- Try holding the stretch

Femoral nerve advanced



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Slider

Lay on your good side with your good knee and hip supporting you.

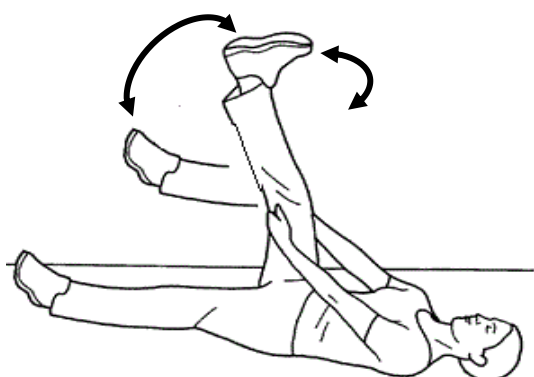
1a. With the hip relaxed, bend and straighten your knee so your heel comes to your bottom, feel the thigh stretch, repeat.

1b. Progress this, by extending the hip backward to increase the stretch, then bend and straighten your knee as before.

Tensioner

2. Add to this by holding your ankle to your bottom, then gently pulling so your knee moves backward and your hip extends causing a stretch, then relax the stretch.

- Repeat the action
- Try holding the stretch



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Sciatic nerve 'heel to the sky'

Slider

Lay on your back, hold your knee toward your chest as far as comfortable.

1a. Gently straighten your knee as shown, feel the stretch in the back of your leg, then return it back into the bent position.

- Repeat the action
- Try holding the stretch

1b. Next, whilst doing the above knee straightening action, pull your foot and toes up towards you with the heel to the sky.

- Repeat the action
- Try holding the stretch

Sciatic nerve 'kick your head off'

Slider

Sit on a chair or a table with the backs of your thighs supported. Allow your upper back to slouch and relax forward a little, rest your head forward onto your chest.

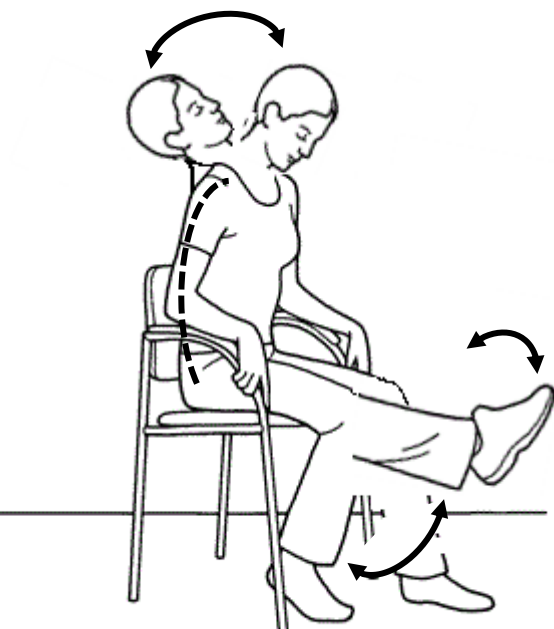
1. Lift you head up and back, at the same time that you kick your foot up; try to keep the two actions moving in the same direction at the same speed. Return your head forward to your chest as the foot returns downward to the floor.

- Repeat the action

Tensioner

2a. With your head forward against your chest. Kick your leg into a straight position, feel the stretch in the back of your leg, then return it back into the bent position.

- Repeat the action
- Try holding the stretch



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2b. Next, add to this by pulling your foot and toes up toward your knee whilst doing the kicking up action.

- Repeat the action
- Try holding the stretch

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