

NeuroGlides for Sciatica

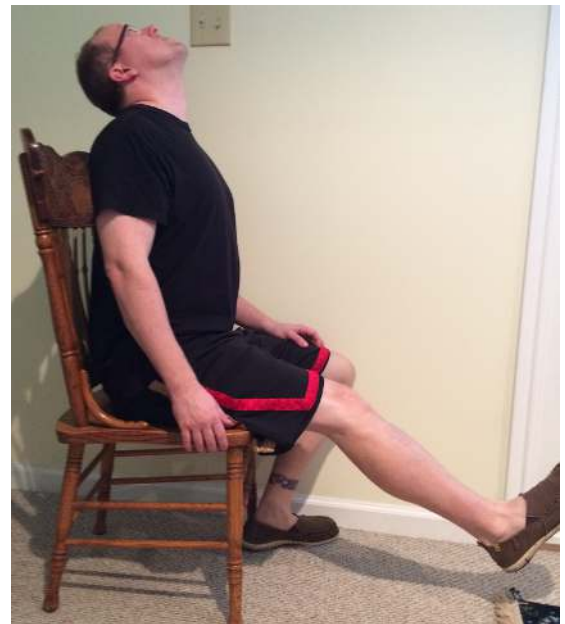


Start with your face and chest flat on the ground. Then raise your chest so that your back arches and lean your head back with it. Keep the pelvis on the floor. Try to straighten out your arms. Hold for 15 seconds. Repeat 3 times. Do this twice a day, 4 times a week



Part 1 (left picture)
Part 2 (right picture)

Hold each position for 5 seconds and repeat 5 times. Do this 2 times a day for 4 days a week.



Part 2: Straighten out the leg and bring the foot pointed toward you. The chest should now be arched backward (or at least straight) and the head tilted backwards.