

## Sciatica Calm Plan — A Simple 1-Page Guide

(For flare-ups, new symptoms, or days when pain feels overwhelming)

### Step 1 — Stop, Breathe, and Reassure Your Nervous System (1–2 minutes)

- Slow your breath: 4 seconds in, 6 seconds out.
- Remind yourself: “*This is painful, but not dangerous. My body knows how to heal.*”

### Step 2 — If the Pain Is New (<72 Hours), Use Ice

- 15–20 minutes at a time, wrapped (not directly on skin).
- Avoid heat in this early window.

### Step 3 — Gentle Movement to Calm the Sciatic Nerve (3–5 minutes)

Choose ONE:

- **Walking:** slow, easy, 2–5 minutes.  
**Supported Back Extensions:** hands on counter, gentle sway.
- **Sciatic Nerve *Glide*** (NOT a floss): ankle up/down in a comfortable seated position.

### Step 4 — Reduce Fear, Not Movement

- Avoid bed rest.
- Keep moving in small, frequent doses.
- Pain with movement does *not* mean damage — irritated nerves amplify signals.

### Step 5 — When to Pause and Reassess

If pain moves *upward* toward the back, that’s usually improvement.

If it moves *downward* below the knee, slow the intensity but keep gentle mobility.

### Step 6 — When to Get Help

- Worsening weakness
- Foot drop
- Loss of bowel/bladder control
- Saddle numbness
- Severe pain lasting >6–12 weeks

### Most People Recover

Sciatica often improves more quickly than expected when fear, immobility, and tension decrease. Your nervous system can settle — and your body is built to heal.