

# Nerve Gliding for Sciatica: A Gentle Starter Guide

*A calm, controlled way to help the sciatic nerve move more freely.*

## What Nerve Gliding Is

Nerve gliding (sometimes called “nerve sliding”) uses gentle, coordinated movements to help the sciatic nerve travel smoothly through the tissues around it.

Unlike stretching, nerve glides should never create pulling, burning, or sharp sensations.

They are meant to be **comfortable**, **slow**, and **symptom-free**.

## Why It Helps

- Reduces nerve sensitivity during a flare
- Encourages healthy mobility of tissues along the nerve pathway
- Can decrease radiating pain into the hip, knee, calf, or foot
- Helps restore natural movement after long periods of guarding or tension

## When to Use It

Use glides when your symptoms are:

- Mild to moderate
- Stable (not rapidly worsening)
- Irritated but not “electric”

Avoid during severe, explosive flares.

## How It Should Feel

- Mild movement only
- No increase in symptoms
- No stretching sensation
- Smooth, controlled, relaxed

If anything “lights up,” stop immediately.

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## Beginner Nerve Glide (Seated Sciatic Slider)

### Starting Position

- Sit on the edge of a chair, both feet flat
- Back tall but relaxed
- Hands resting on your thighs

### Movement

1. **Extend your leg** (slowly straighten your knee).
2. At the *same time*, **look upward** slightly.
3. Then return to the starting position:
  - Bend the knee
  - Look downward slightly
4. Move slowly, like a wave rising and falling.

### Repetitions

- 6–8 slow reps
  - 1–2 sets per day
  - Only if symptoms remain calm
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## Stop If You Experience

- Sharp pain
- Increased tingling
- Numbness that grows during the exercise
- Radiating pain that continues afterward
- Any feeling of “zapping” or “electric shock”

These are signs the nerve is too irritated that day.

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## Tips for Best Results

- Breathe slowly through the movement
- Never force a range of motion
- Wait 20–30 minutes before deciding whether it helped
- Pair with gentle walking or restorative positions for best effect