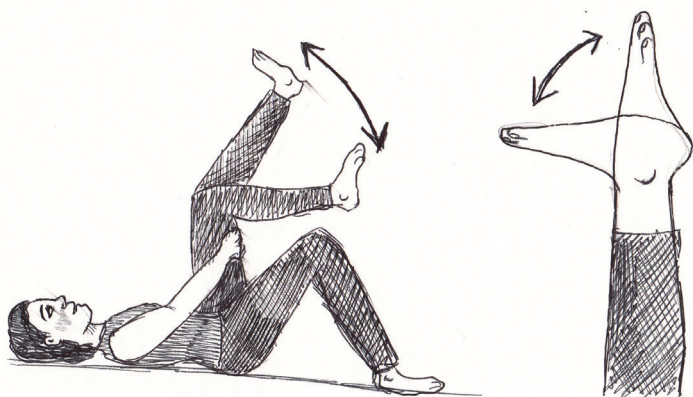


Lower Limb Nerve Root Release Stretches

L4

Do these exercises **_2_** x day



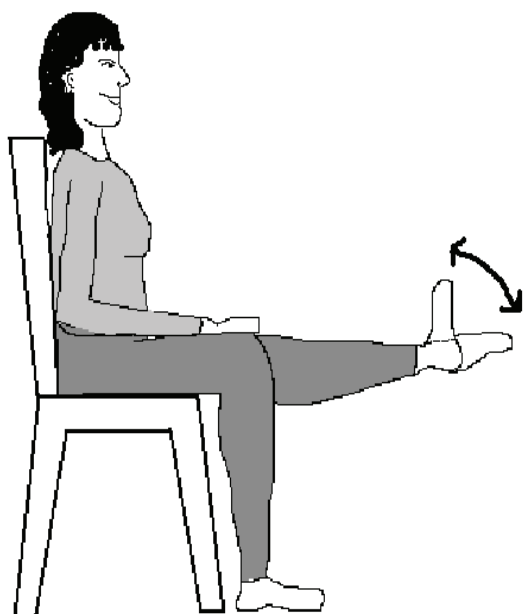
1. Lying on your back with both knees bent.

Draw your affected knee towards your chest. Place your hands behind your thigh to hold it in place.

Gently straighten your leg until you just feel a stretch.

Gently pump your foot up and down ...10...times.

Repeat...2...times.



2. This is a progression of number 1. Only begin this one when you can do number 1 without any problems.

Sitting. Stretch your affected leg out in front of you. Gently pump your foot up and down 10... times

Repeat...2...times.

You can progress this stretch by bending your head forwards as you 'floss'.

These exercises shouldn't hurt afterwards. If they cause increased pain in the leg then reduce the stretch and reduce the amount of reps.