

# Stretches For Sciatic Pain

Piriformis syndrome is a problem with one of the muscles in the buttocks. It is a common cause of sciatic pain during pregnancy. Sometimes the position of your baby can increase pressure on your sciatic nerve and cause pain. Also, your baby's weight can add extra pressure on your pelvis and hip joints causing joint pain. These special exercises can help relieve the pain. Your ligaments are more relaxed during pregnancy, so be gentle with yourself and easy does it!



## Seated Piriformis Stretch

Sit on a chair with your feet flat on the ground. If your left side is affected, put your left ankle on your right knee.

Keeping a straight back, lean forward until you feel a stretch through your buttocks.

Hold for 30 seconds. Repeat throughout the day.



## Table Stretch

Stand facing a table with your feet slightly wider than your hips. Lean forward with your hands on the table. Keep your arms straight and your back flat.

Pull your hips away from the table until you feel a nice stretch in the lower back and back of the legs. You can also move your hips side to side to increase the stretch in the lower back and hips.

Hold this position for 30 seconds to 1 minute. Repeat twice a day.



## Pigeon Pose

Get on your hands and knees on the floor. Slide your right knee forward so it's between your hands.

Slide your left leg back, keeping your foot on the floor.

Place a rolled towel or a yoga block under your right hip. This will make the stretch easier and allow room for your belly.

Lean forward over your right leg. Slowly lower yourself toward the ground, putting a pillow under your head and arms for support.

Hold for 1 minute. Repeat on other side. Repeat a few times throughout the day.



### Hip flexor stretch

Kneel on the floor on your hands and knees.

Step one foot in front of you so that your hip and knee are at a 90-degree angle.

Shift your weight forward until you feel a stretch in the front of your back hip and leg.

Hold for 30 seconds, then repeat on other side.



### Glute and hamstring foam rolling

Place a foam roller on the ground.

Sit on the foam roller, supporting yourself with your hands behind you.

Cross one foot over the other knee into a “figure 4” position.

Slowly move your body back and forth over the foam roller until you find a tender spot.

Continue this movement over the sore area for 30 to 60 seconds.

Slowly move over the foam roller until you find another tender area. Continue over the area for 30 to 60 seconds.

Repeat on other side.



### Prenatal Yoga

Prenatal yoga can be an effective way to stretch muscles while focusing on breathing. Performing prenatal yoga could help relieve discomfort, such as sciatic pain. Take a class that focuses on stretching, strengthening and breathing. You'll not only help prepare your body for labor and delivery, but you can reduce many common pregnancy discomforts.