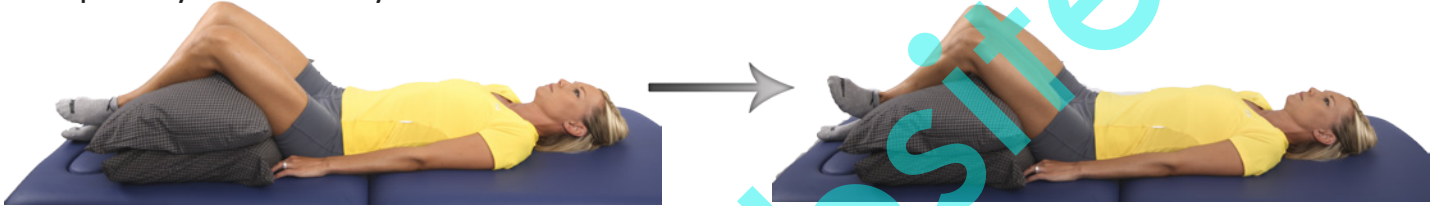




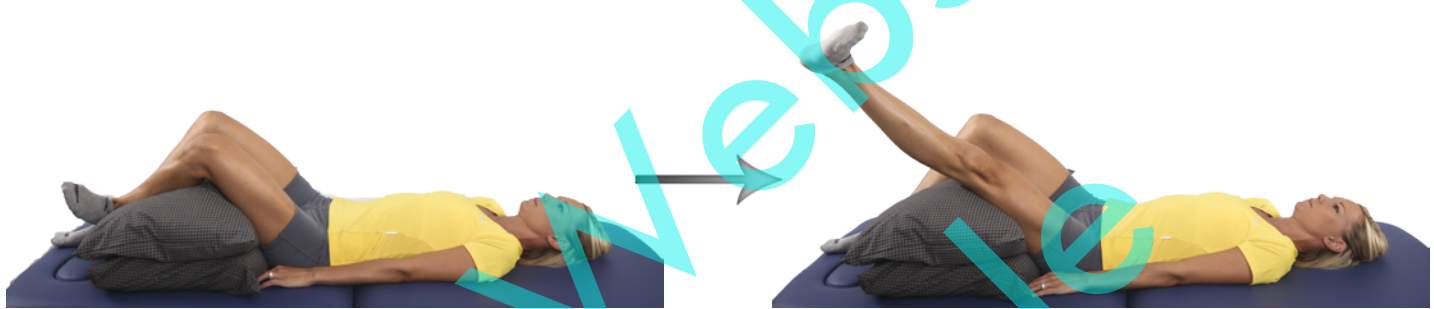
NEURAL FLOSSING

This exercise is designed to improve mobility of the nerve roots in your low back. Often inflammation in the back causes the nerves to lose mobility. This can lead to back or leg pain with movement. Performing this exercise at the proper time can help decrease your leg symptoms and improve your flexibility.

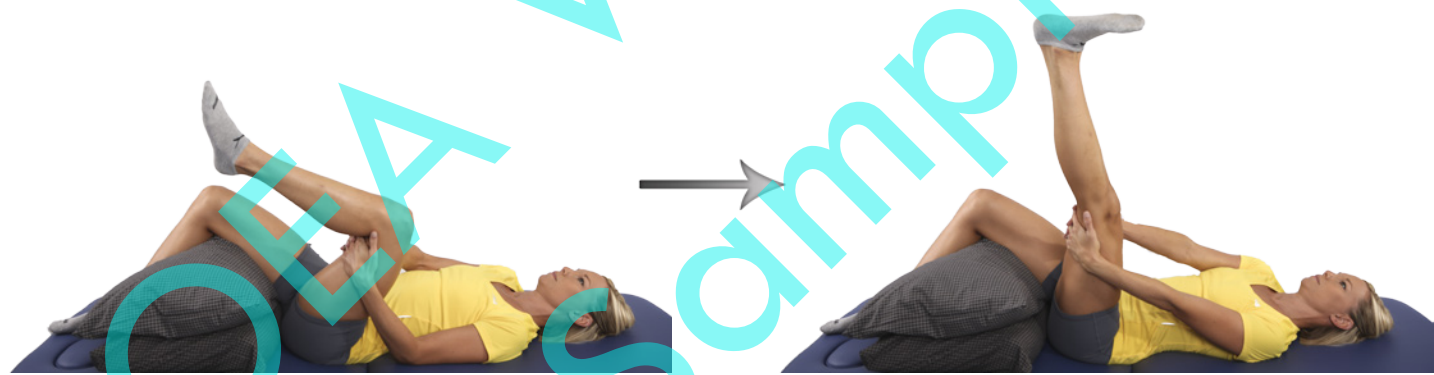
Stage 1



Stage 2



Stage 3



Exercise Steps

- Lie on your back. Place a stool or 4 pillows under your knees to bend then about 60 degrees. Move your leg out and let your leg roll out.
1. Stage 1: Rhythmically pull up your toes and foot toward your shoulder on that same side. Hold for 1 second and then relax. Repeat 15 times.
 2. Stage 2: Pull toes your toes up and extend (straighten) your leg at the knee.
 3. Stage 3: Place your hands behind your thigh and pull your knee toward your chest. Then pull your toes and ankle up toward your shoulder and straighten your leg at the knee.

Exercise Tips (T)/Progressions (P)

1. Perform one repetition every 2 seconds and perform 15 times until your PT progresses you.
2. Perform this when your pain is the *least*.
3. Do not perform this too frequently or for too long. This can lead to increased leg pain.
4. You can perform this exercise in standing or side lying if needed.
5. You can progress to the next stage when you perform the previous stage for a week with no increased pain during or after the exercise.
6. If you have more buttock or leg pain with this neural flossing, go back to the previous stage.