

## MOBILITY\_NERVE:

# SKIER NERVE FLOSSING



### Setup

- Sit with knees straight and heel off the edge of a firm surface.

### Action

- Bend forward until you feel a stretch.
- Look up and dorsiflex the ankles
- Look down and plantarflex the ankles
- Repeat smoothly and rhythmically



### Focus

- This exercise slides the sciatic nerve and spinal cord back and forth to release any adhesions and increase tolerance to stretch

### Dose

- 1-3x/day 10 repetitions



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