

**MOBILITY\_NERVE:**

---

# SKIER NERVE FLOSSING



## SETUP

- Stand with feet close together and forearms resting on thighs with the back relaxed

## ACTION

- Lower the hips while bringing the chin to the chest
- Simultaneously raise the hips and extend the neck by looking up

## FOCUS

- This exercise slides the sciatic nerve back and forth to release any points of restriction
- You should NOT feel pain or even a stretch
- Maintain relaxed breathing

## DOSE

- Do 10 repetitions 1-3x/day



**AUSINHEILER PHYSICAL THERAPY & PERSONAL TRAINING**

26 Eastwood Ct, Oakland, CA 94611

510-842-7135 | [bryan@Ausinheiler.com](mailto:bryan@Ausinheiler.com) | [posturemovementpain.com](http://posturemovementpain.com)