

*Dr. Adam Markew*

# Nerve Flossing

## The Sciatic Nerve

Just like flossing your teeth, nerve flossing is utilized to create relative glide of the nerve through other structures in your body to help break any formed adhesions or scar tissue

The following pictures show the five step progression for sciatic nerve flossing.



1. Start seated in a relaxed position
2. Continue to look forward, and extend knee with a pointed foot
3. Keep foot pointed, and extend neck by looking up towards the ceiling
4. If no pain or discomfort is felt, flex your foot toward you
5. Relax foot and leg, then flex your neck and look towards your waist

Complete 5-8 repetitions, with each 5 steps progression counting as one repetition.

Do 3-5 times a day.

Stop if pain is getting worse.