

# Sciatica Exercises for Seniors (Free Printable Chart)

Seated and standing • A sturdy chair (and a mat)

Check with your doctor before starting a new exercise routine. Move slowly and stop any exercise that causes pain.

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## 1. Seated Knee-to-Chest

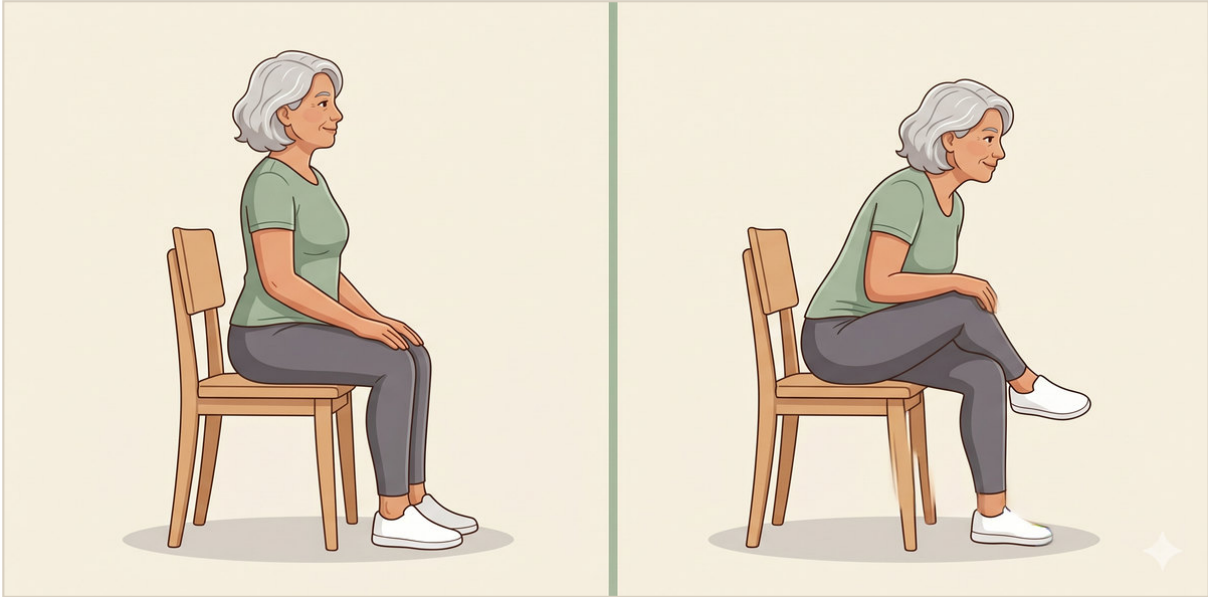


1. Sit tall toward the front of the chair, feet flat on the floor.
2. Hold behind one knee and gently draw it up toward your chest.
3. Hold, lower the foot, and switch legs.

**Aim for: Hold 20 seconds each leg • 2 times**

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## 2. Seated Figure-Four Stretch

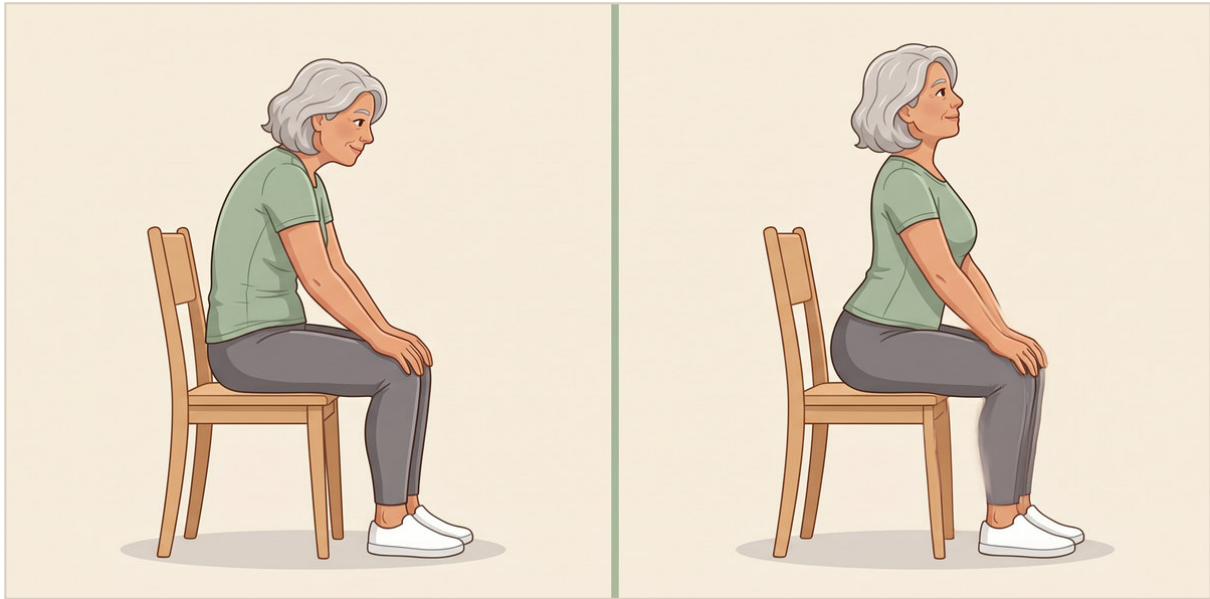


1. Sit tall and cross your right ankle over your left knee.
2. Breathe out and lean gently forward from the hips.
3. Hold, then switch legs.

**Aim for: Hold 20 seconds each side • 2 times**

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### 3. Seated Cat-Cow



1. Sit tall with hands on your knees.
2. Breathe in and arch gently, lifting the chest (cow).
3. Breathe out and round the back, tucking the chin (cat).

**Aim for: 6 slow rounds**

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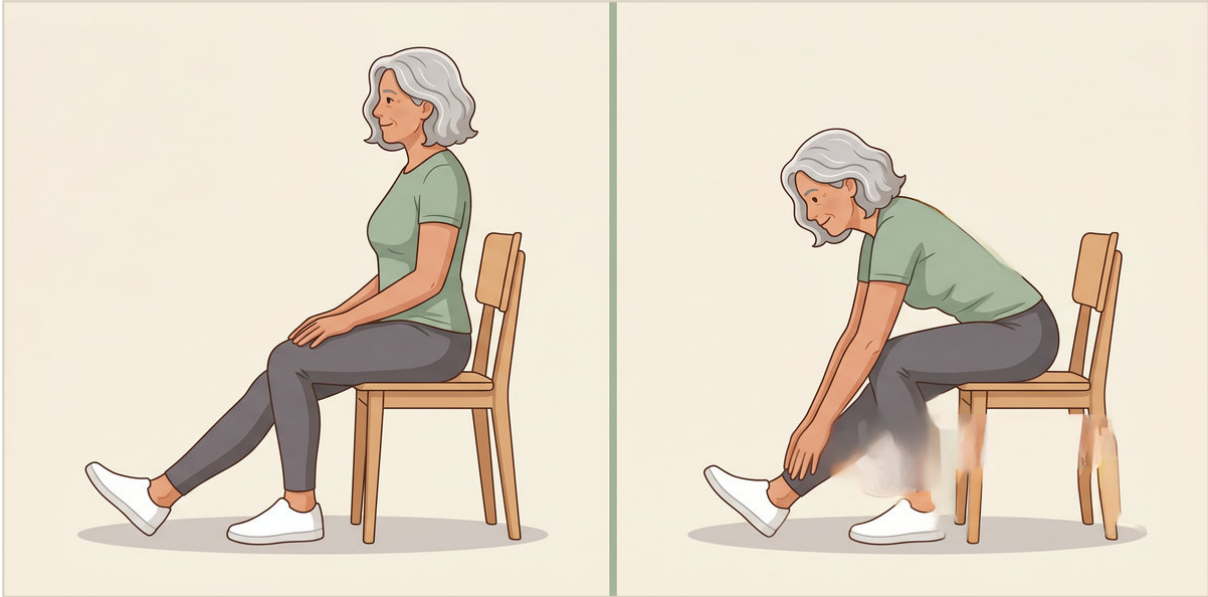
## 4. Seated Pelvic Tilt



1. Sit tall with both feet flat on the floor.
2. Gently rock the pelvis forward to arch the low back slightly.
3. Then rock it back to flatten the low back. Move slowly and smoothly.

**Aim for: 10 slow rocks • 2 sets**

## 5. Seated Hamstring Stretch



1. Sit tall and straighten one leg out, heel on the floor, toes up.
2. Hinge forward gently from the hips until you feel a mild stretch.
3. Hold, then switch legs.

**Aim for: Hold 20 seconds each leg • 2 times**

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## 6. Seated Gentle Twist



1. Sit tall with feet flat on the floor.
2. Turn gently to one side, resting a hand on the chair back.
3. Return to center and turn to the other side.

**Aim for: Hold 15 seconds each side • 1 time**

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## 7. Standing Back Extension



- 1. Stand tall behind the chair, holding the back for support.**
- 2. Place both hands on your low back and gently arch backward a few inches.**
- 3. Return to upright and repeat.**

**Aim for: 6–8 reps • 1 set**