



**Support the Spine Throughout the Day to Minimize Sciatica Pain:** By modifying your daily activity and ergonomic patterns throughout the day you can reduce sciatica pain. General recommendations include:

- When lifting an object: Lift with your legs by bending the knees and leading with the hips while keeping chest up
- Maintaining supported posture while sitting, standing and walking
- Avoiding sitting or standing for too long as your muscles will fatigue resulting in increased compression through the spine and hips
- Keep one foot propped up on a step stool while standing for a long time such as when doing dishes or cooking
- Before activity: Warm up for 10-15 minutes to get your blood flowing and increase fluid to the joints.
- Use heat therapy before exercise or physical activities or after waking up in the morning to loosen up the soft tissues and improve spinal flexibility
- Using an ice pack to reduce muscle soreness after physical activity and exercise
- Place pillows between the two legs while sleeping on the side (side lying position) or under the knees while sleeping on the back (supine position)