

## Slump Slider

1. Start seated with you heel off the ground.
2. Round your back, look down (i.e. slump over) and point your foot.
3. Simultaneously extend your symptomatic leg, pull your toes up and straighten your back .
4. When your back is straight, move your head so that you are looking up at the ceiling.
5. Return to the starting position.
6. Repeat 10 times every waking hour or when symptoms occur.



**IMPORTANT-** Do not perform if shooting electrical symptoms are produced or you experience an increase in tingling. This may cause some stretching like pain.

## Heel Slider:

1. Start sitting on the floor with both of your knees bent.
2. With both of your hands grab one of your feet (or a towel wrapped around the foot) and rest your forehead on your knee.
3. Start to slide your foot out, straightening your leg. As you slide your foot, look up simultaneously. Do not bend the leg or hip.
6. Finish by looking up at the ceiling and holding on to your foot while having the straightest leg possible.
7. Repeat 10 times each side. Repeat 3-4 times a day or as needed (can do 1x/hr).



**NB:** Do not over stretch your hamstrings. Keep a hold of your foot each time. Start sitting on the floor with both of your knees bent.

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