



## Lower Extremity Neural tension “Nerve flossing”

variables:

1. ankle turned in
2. toes and ankle pulled back towards your face
3. leg across your body
4. straight leg going up towards your face
5. sidelying with bottom knee bent, reaching back

GOAL: Wind up nerve tissue and surrounding fascia, floss like you are flossing your teeth. **Never** reproduce pain, numbness or tingling. Only work to beginning of tightness.

Target nerve tension stretch to

1. foot
2. calf
3. butt and side of hip
4. hamstring

1. Strap around ankle, ankle turned in, toes towards face, leg across body as far as you can, down low. Slowly raise leg up until tension is felt. Release is turning the ankle in and out. Stretch is usually felt in ankle, also in outside of butt/hip.
2. Toes back towards face, straight up overhead, so you feel stretch in back of calf possibly in hamstring. Release is point toe and bring it back toward nose.
3. Go back to position 1; ankle turned in toes towards nose (face), pull leg across the body until you feel stretch in butt and side of leg, gently raise the leg up in the air, keeping toes to nose. Release is slide leg out to the middle and then back across your body. Emphasis is more on butt and not on the ankle.
4. Toe pointed forward, with the leg all the way up so the stretch is all hamstrings, Release is leg drop to the outside away from body until you feel the stretch on the inside of the leg. bring it back and repeat.

5 to 10 reps maximum. Remember: This exercise has the potential to aggravate symptoms and should be used cautiously.

KEY: no tingling, no pain, only until tightness begins, wherever tightness begins, regardless of intended stretch tissue.

This handout is not intended for use by anyone other than a client at Body Dynamic under direct supervision of their physical therapist. Please Consult with your physical therapist for proper use of this handout. For more information, please contact Body Dynamic Physical Therapy + Pilates + Wellness, Inc.