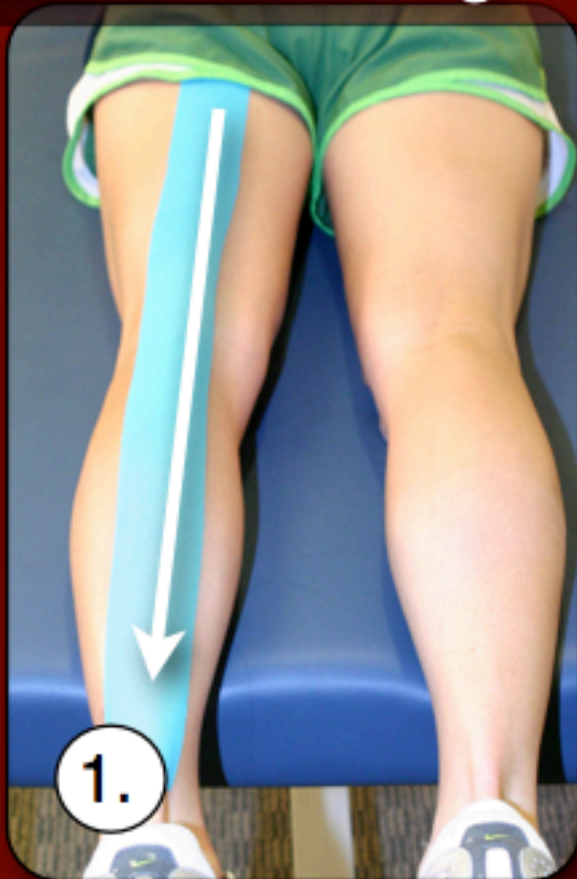
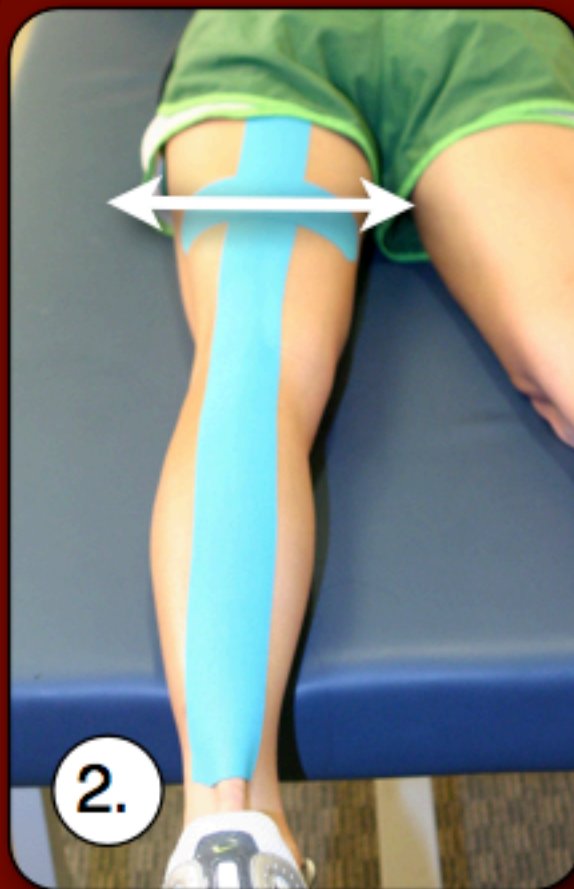


Sciatica/Hamstring



1. **Sciatica:** Lie down (supine/ side lying) while attempting to elongate lower leg to traction sciatic nerve (Knee extension/ Ankle Dorsiflexed). Anchor stabilization tape at top of thigh above area of pain and run inferior, extending as far as the symptoms travel. Apply little to no stretch.



2. Apply decompression tape bisecting over area of pain. Stretch tape 50-75% in middle, with no stretch at ends.

Hamstrings: Assume similar position as in sciatic protocol. Anchor stabilization tape at top of thigh and run to area above knee. Apply little to no stretch.

Apply decompression tape on hamstring, bisecting pain. Stretch tape 50-75% in middle, with little to no stretch at ends. Combine with Lower Back.