Chair Yoga for Sciatica

Gentle Relief for Seniors

Free Printable Routine

🌟 Why Chair Yoga Helps with Sciatica

Sciatica causes pain, tingling, or numbness down your lower back, hips, or legs. Chair yoga offers gentle stretches that help:

- Reduce pressure on the sciatic nerve
- Improve flexibility and posture
- Relieve hip, back, and leg pain
- Safe for seniors with limited mobility



What You Need:

- A sturdy chair (no wheels)
- Comfortable clothes
- Optional: yoga block, strap, or cushion

🦊 5 Chair Yoga Poses for Sciatica Relief

Seated Spinal Twist

How to Do It:

- Sit tall, feet flat
- Place your right hand behind you
- Gently twist to the right
- Hold for 5 breaths, then switch

Benefits: Loosens the lower back, eases nerve pressure

2.

Figure-Four Stretch

How to Do It:

- Place right ankle on left thigh
- Sit tall, lean forward slightly
- Hold for 5–8 breaths, then switch

Benefits: Opens hips and relieves tight glutes

3.

Seated Cat-Cow

How to Do It:

- Hands on knees
- Inhale: arch back, lift chest (Cow)
- Exhale: round spine, tuck chin (Cat)
- Repeat 5 rounds

Benefits: Improves spinal movement, boosts circulation

4.

Hamstring Stretch

How to Do It:

- Extend right leg forward
- Hinge at hips with back straight
- Hold for 5 breaths, then switch

Benefits: Loosens tight hamstrings that pull on the sciatic nerve

5.

Seated Side Stretch

How to Do It:

- Raise right arm overhead
- Lean gently to the left
- Hold for 5 breaths, then switch

Benefits: Stretches lower back and waist



Safety Tips

- ✓ Use a non-slip surface under your chair
- ✓ Never force a pose
- ✓ Stop if you feel sharp pain
- ✓ Breathe deeply and go slow
- ▼ Talk to your doctor if unsure

Track Your Progress

Day	Spinal Twist	Figure Four	Cat-Cow	Hamstring	Side Notes Stretch	
1						
2						
3						
4						
5						

6	Ц			Ш	Ш					
7										
Tip: Consistency is key. Even 10 minutes a day can reduce your pain over time.										

Created by: chairyoga.blog

Stay Active. Stay Healthy. Even from a Chair.