



Sciatica & Lumbar Radiculopathy: Physiotherapy Assessment and Targeted Exercise Guide (PDF)

This PDF guide is designed to help you better understand sciatica and lumbar radiculopathy and follow a clear, physiotherapy-based rehabilitation approach.

It guides you from assessment to protocol selection and targeted exercises, based on how your symptoms respond to movement and load.

Sciatica & Lumbar Radiculopathy
Assessment and exercise guide
A clear, structured approach to
understand symptoms
and choose the most appropriate
rehabilitation strategy.

Guided assessment before exercises

Before starting the exercises, the guide leads you through a series of **simple, video-guided tests** and observation tasks.

These tests help you understand:

- ✓ how your symptoms change with movement and position
- ✓ how the nerve responds to flexion, extension, and load
- ✓ whether symptoms are influenced more by neural compression or neural tension

Each test is explained with clear photos and video demonstrations, so you know exactly how to perform it and what to observe.

This assessment is used to guide exercise selection, not to make a medical diagnosis.

Choose the protocol that fits your presentation

Based on the assessment, the guide directs you toward one of the following approaches:

 Protocol A Neural compression-based approach Indicated when symptoms are mainly influenced by spinal loading, compression, or sustained positions.	 Protocol B Neural tension-based approach Indicated when symptoms are mainly influenced by nerve tension, stretching, or movement sensitivity.	 Mixed protocol 
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Each test is explained with clear photos and video demonstrations are present.

Protocols are not levels of difficulty – they are chosen based on symptom behavior.

Targeted exercises based on your protocol

After selecting the most appropriate protocol, you begin specific exercises that are designed for your presentation and progressed gradually.

You are guided *exactly* by step by:

- ✓ correct execution
- ✓ acceptable sensations
- ✓ gradual progression



Exercises are shown with clear photos and videos.

Exercises are provided for guidance after the appropriate protocol has been selected, and are not intended as prescriptions.

Continue with the full rehabilitation guide

This preview shows how the guide works. The full PDF provides a complete, step-by-step physiotherapy-based approach, including assessment, protocol selection, and targeted exercises.

It is designed to help you move with more clarity, confidence, and consistency over time.

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