
Tight hips and painful knees???

Sometimes, hamstring tightness isn't simply because the muscles are "short." Your **sciatic nerve** runs down the back of your leg, and if it isn't moving freely, it can contribute to a feeling of tightness or pulling.

Nerve glides are gentle movements that help the nerve move smoothly through the tissues around it.

Research has shown that nerve glides may improve hamstring flexibility and range of motion, making them a helpful addition to stretching and strengthening exercises.

Think of it as **helping your nerves move better**. The goal is gentle, controlled movement rather than forcing a stretch.

But there's another piece I see all the time: poor **glute med activation**.

Your glute med helps stabilize your pelvis and control your hip, knee, and leg when you walk, run, squat, lunge, or balance on one leg.

When the glute med isn't doing its job well, the **low back and knees** can sometimes pick up more of the workload. This can lead to persistent pain that can limit your time on the floating floor!



Sciatic Nerve Glides



Standing Glute Med

Email or DM me and let me know how these felt for you.

