



## **Pregnancy & Sciatic Pain – December 2017**

*Hi James & Nikki,*

*I hope you're both keeping well.*

*I have a question for you that I needed some assistance with.*

*I have a client who is 6 months pregnant and is currently experiencing severe sciatic pain where she is often in tears from the pain. She sees a regular chiropractor and he has recommended yoga daily. She has come to a class of mine previously and I recommended she do a private so that she doesn't do any harm to her baby or exacerbate her sciatic pain.*

*She is otherwise physically fit.*

*Do you have any recommendations on what to advise and avoid with her?  
I know holistic healing A & B would be the best to equip me with this knowledge and I am considering doing it next year. In the interim, if there's anything you can recommend, I'd sincerely appreciate it.*

*I am meeting with her next Wednesday.*

*Thank you both - I greatly appreciate it!*

*Merae Kayrouz  
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Dear Merae,

This is easy if I have the woman in front of me. Long distance it is challenging.

Ujjayi Breath and Muhla Bandha.

Where is the Sciatic Pain, on one side, has it always been on one side, has it moved at all to the other side? How long has she had it? Was she doing yoga before she became pregnant?

Have a look at her, how does she stand? In her legs? In her back? Is she allowing the baby to pull her forward so her back is taking the baby's weight instead of her legs?

Conscious standing and conscious walking, forward and backwards, weight bearing her body and the baby's in her legs, not her back.

Everything in Discovery and Foundation is fine for her, that is if she is already coming to class, but we have to adapt the twists for her (only open twists, the belly is free and exposed, perhaps on chairs would be best) and remember we never impinge on the baby's space.

The best thing to do with her is Uttita Hasta Padangusthasana. Depending on how flexible she is, her foot can be on a chair seat, chair back against a wall for stability, or a table. Make sure she stands up straight and engages her quadriceps. We can even hang two belts on her legs above the knee and hang a long sandbag on the belts to create some resistance/weight. Do not do this with slack muscles the muscles have to hug on to the bone. Say the sciatic pain is on the left, bring the right leg up first. The same goes for Supte Padangusthasana, lying on the floor with the feet against the wall, if the left side is the one with the sciatic pain, the right leg comes up first and does all the eight movements before we do the same on the left.

It would be worth you doing Pregnancy Yoga one day and if you plan to, you may want to buy the Manual, which I would give you special permission to do.

We recommend you come back and do more of these modules, there is always something more for us (me included) to learn.

Do get back to me if you have more questions or if something is not clear.

Much Love and a Big Hug,

Namaste

**Nicky Knoff**

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Director & Master Teacher