

## **Sciatic Nerve Program Transcript**

This is a diagram showing the distribution of the sciatic nerve. The sciatic nerve arises from spinal nerves L4 through S3, and then travels in the pelvis and down the posterior aspect of the thigh. The nerve is actually a combination of two nerves—the tibial nerve and the common fibular nerve.

The tibial nerve goes to the adductor magnus and the semimembranosus and tendinosus muscles of the hamstring in the posterior thigh, while the common fibular portion goes to the biceps femoris part of the hamstrings in the posterior thigh. At the area of the popliteal fossa, the tibial and common fibular nerve become separated, and then continue down into the leg and foot.