Morning Stretch Routine for Healthy Posture

- Repeat each exercise 3-5 times holding each one for 5-10 seconds
- Perform single leg exercises on both legs
- If an exercise causes pain, stop and move onto the next exercise

Click for video

1 CHILD'S POSE



2 THE CAT



3 TOE TOUCH



4 HIP FLEXOR STRETCH



5 SEATED SIDE REACH



6 SITTING BOW AND ARROW



7 INTERNAL ROTATION LYING DOUBLE LEG



8 FLOOR SUPERMAN TWO LEGS TWO ARMS



9 SINGLE LEG BACK STRETCH



10 SUPINE LUMBAR TWIST STRETCH



11 LUMBAR MOBILISATION LYING



The information contained in this article is intended as general guidance and information only and should not be relied upon as a basis for planning individual medical care or as a substitute for specialist medical advice in each individual case. ©Co-Kinetic 2020

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