## **Cat-Cow Stretch**

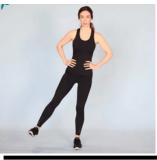




- Purpose: Improves spinal mobility and flexibility.
- · How To:
- □ Start on your hands and knees, with your hands directly
   under your shoulders and your knees directly under your
   hips.
- Cat: Arch your back towards the ceiling, tuck your chin
  to your chest.
- Cow: Drop your belly towards the floor, lift your head and tailbone.
- $\square$  Alternate between the cat and cow positions.
- Prescription: 2-3 sets of 10-15 repetitions.

## **Hip Circles**

Sets: 1 Reps: 10-12 per side



1. Reps: 10 each direction

- 2. Stand on one leg while holding onto a chair or wall for support.
- 3. Lift the opposite leg slightly and draw slow circles with your knee.
- 4. Purpose: Improves joint lubrication and overall hip mobility.

Tip: Keep the movement controlled; avoid swinging the leg.

## **Bridge Exercise**

**Sets: 2-3** Reps: 10-12



- 1. Lie on your back with your knees bent and feet flat on the floor, hip-width apart.
- 2. Engage your glutes and lift your hips off the floor, forming a straight line from your shoulders to your knees.
- 3. Hold for a few seconds, then slowly lower back down.

**Purpose:** Strengthen glutes and hamstrings while stabilizing the spine.

**Caution:** Avoid arching your lower back; focus on using your glutes to lift.